



MENTAL HEALTH AWARENESS PACK

A COLLECTION OF AWARENESS
DAY MATERIAL FOR YOU TO
SHARE AND DISPLAY

WORLD MENTAL HEALTH AWARENESS DAY 10TH OCTOBER 2022

The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, is 'Make mental health and wellbeing for all a global priority'.

What will you
be doing to
raise
awareness?



MENTAL HEALTH AWARENESS

DAY 10TH OCTOBER 2022



Make time for a Power Hour!

On 10 October, we're calling on employers to make mental health a priority by setting aside 60 minutes for a 'Power Hour' activity in your workplace. Whether it's a lunch and learn, a Big Mental Health Get Together, an hour of reflection, a team building activity or a late start or early finish to the day - do something within your power for your people. Each moment counts. Looking for inspiration or want to tell us what you'll be doing?



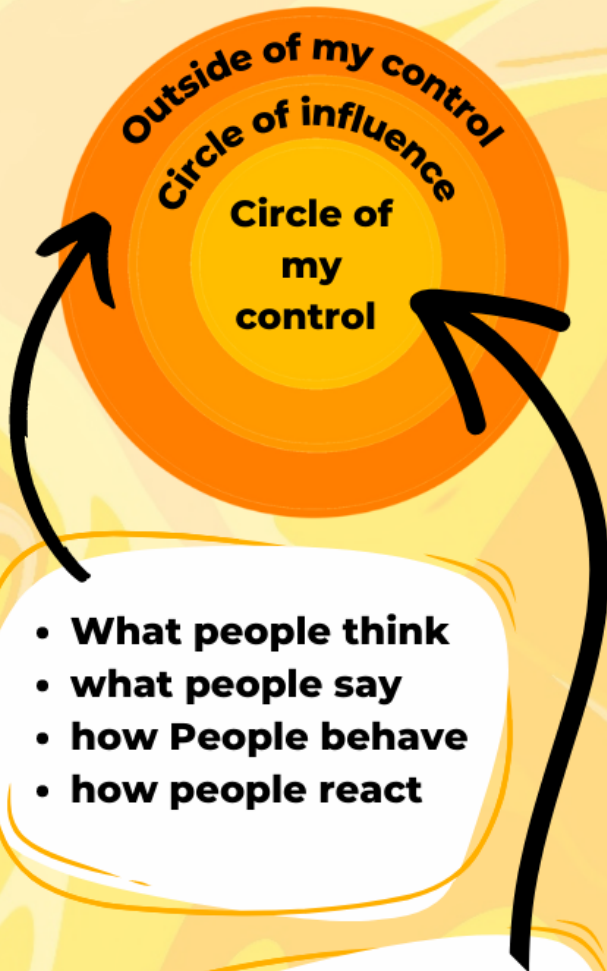
Fundraise and raise awareness

By fundraising for us, you are not only raising vital funds - you are spreading the message that mental health is a number one priority. Anyone can be a fundraiser! Check out our website for some fundraising ideas!

www.mentalhealth-charter.co.uk

MENTAL HEALTH AWARENESS

DAY 10TH OCTOBER 2022



- What people think
- what people say
- how People behave
- how people react

- What i say
- what I think
- how I react
- my opinions

What's in your circle of control?

When thinking about how to look after Number 1, a great place to start is visualising what's in your 'circle of control'. What aspects of your life can you make a priority? What brings meaning and comfort in your life? Are they within your control?

You're sure to find something that within your circle of control that can bring about a positive impact on your mental health.

MENTAL HEALTH AWARENESS

DAY 10TH OCTOBER 2022



World Mental Health Day is happening on Monday 10 October. The theme for this year, as set by the World Federation for Mental Health, is 'making mental health and wellbeing for all a global priority' and we're asking you to look after 'Number 1' when it comes to your mental health.

#1

Looking after Number 1

With everything that is happening around us right now, it can be easy to feel powerless, but there are aspects of our life we can manage and control. We want you to embrace what is in your power to start doing, stop doing or change - something that will support your mental health.

So, this World Mental Health Day, ask yourself... what can you do to make mental health your Number 1 priority?

- What people think
- what people say
- how People behave
- how people react

Outside of my control
Circle of influence
Circle of my control

- What i say
- what I think
- how I react
- my opinions



What's in your circle of control?

When thinking about how to look after Number 1, a great place to start is visualising what's in your 'circle of control'. What aspects of your life can you make a priority? What brings meaning and comfort in your life? Are they within your control? You're sure to find something that within your circle of control that can bring about a positive impact on your mental health.

MENTAL HEALTH AWARENESS

DAY 10TH OCTOBER 2022



World Mental Health Day is happening on Monday 10 October. The theme for this year, as set by the World Federation for Mental Health, is 'making mental health and wellbeing for all a global priority' and we're asking you to look after 'Number 1' when it comes to your mental health.

Looking after Number 1

With everything that is happening around us right now, it can be easy to feel powerless, but there are aspects of our life we can manage and control. We want you to embrace what is in your power to start doing, stop doing or change - something that will support your mental health.

So, this World Mental Health Day, ask yourself... what can you do to make mental health your Number 1 priority?



MENTAL HEALTH AWARENESS

DAY 10TH OCTOBER 2022



Make time for a Power Hour!

On 10 October, we're calling on employers to make mental health a priority by setting aside 60 minutes for a 'Power Hour' activity in your workplace. Whether it's a lunch and learn, a Big Mental Health Get Together, an hour of reflection, a team building activity or a late start or early finish to the day – do something within your power for your people. Each moment counts. Looking for inspiration or want to tell us what you'll be doing?

#1

Fundraise and raise awareness

By fundraising for us, you are not only raising vital funds – you are spreading the message that mental health is a number one priority. Anyone can be a fundraiser!

Check out our website for some fundraising ideas!



www.mentalhealth-charter.co.uk



MENTAL HEALTH CHARTER



HELPLINES

Samaritans.

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year.

You can call 116 123 (free from any phone), email jo@samaritans.org or visit some branches in person. You can also call the Samaritans Welsh Language Line on 0808 164 0123 (7pm-11pm every day).

National Suicide Prevention Helpline UK.

Offers a supportive listening service to anyone with thoughts of suicide. You can call the National Suicide Prevention Helpline UK on 0800 689 5652 (open 24/7).

Shout.

If you would prefer not to talk but want some mental health support, you could text SHOUT to 85258. Shout offers a confidential 24/7 text service providing support if you are in crisis and need immediate help.

Papyrus HOPELINEUK.

If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm-10pm), email pat@papyrus-uk.org or text 07786 209 697.