



Mental Health Awareness Week is the UK's national week to raise awareness of mental health and mental health problems and inspire action to promote the message of good mental health for all. Hosted by the Mental Health Foundation, mental health awareness week takes place from 18-24 May 2020. The theme for 2020 is kindness.

Why Kindness? A statement from The Mental Health Foundation

'One thing that we have seen all over the world is that kindness is prevailing in uncertain times. We have learnt that amid the fear, there is also community, support and hope. The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve emotional wellbeing.'

[Click here to read more from The Mental Health Foundation](#)

Get Involved

There are ideas to get you involved with Mental Health Awareness week on the next page.

Free Workshops

The Construction Industry Helpline is hosting a series of free online workshops for people working, in any capacity, in construction.

All you need to join in is access to the internet, whether it's a smartphone, tablet or laptop. You can register for the courses by clicking the link below.

[Click here to register for a workshop](#)

Coronavirus & Your Wellbeing

The mental health charity, Mind, has put together an information hub with advice on how to support your mental wellbeing during this period. This includes practical advice on coping with staying at home as well as information for key workers and others going into work during coronavirus.

[Click here to access the Mind information hub](#)

For more information or support regarding mental health, please contact HR@readypower.co.uk



Here are Some Acts of Kindness to Inspire You

Before you start, please remember the tips below:

Keep others in mind

Although carrying out good deeds for other people can make you feel good, don't forget to keep in mind why you're doing it – for their benefit not yours.

Don't overdo it

If you find that you are giving too much of yourself or have gone beyond your personal resources, think about taking a step back.

We recommend starting small so that you don't become overwhelmed or give more than you are emotionally or in other ways able to give.

Keep Connected with Friends and Family

- Call a friend that you haven't spoken to for a while
- Send a motivational text to a friend who is struggling
- Send someone you know a joke to cheer them up
- Send an interesting article to a friend

Home

- Make a cup of tea for someone you live with
- Help with a household chore at home
- Spend time playing with your pet

Community

- Offer support to vulnerable neighbours
- Reach out to call a friend, family member or neighbour who is experiencing loneliness or self-isolation
- Offer to skill share with a friend via video call - you could teach guitar, dance etc.

Work

- Lend your ear – call a colleague and ask how they're finding the change in routine
- Give praise to your colleague for something they've done well
- Arrange to have a video lunch with a colleague

Your Mental Health

The Mental Health Foundation's website contains a range of content designed to give you more information about mental health and to help you to look after your mental health.

There are podcasts, videos, inspiring stories and information about getting help if you're struggling.

[Click here to visit The Mental Health Foundation's website](#)