

## **World Mental Health Awareness Week** **21<sup>st</sup> – 28<sup>th</sup> May 2012**

It is World Mental Health Awareness Week between 21<sup>st</sup> - 28<sup>th</sup> May and this year's theme is **Altruism and Giving**, including random acts of kindness, volunteering and peer support (see attached for information or [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)).

We would like you to think of engaging your children and young people in some activities to heighten their awareness of the issues. **Please can you pass this message on to your PSHE Co-ordinator and pastoral team for their information.**

Please see below a range of activities put together by the Behaviour and Emotional Well Being Team (BEWT) which Rita Adair currently co-ordinates. The team consist of the following educational psychologists - Ian Mann, Pat Jones, Chris Ducker, Christina Stone and Rita Adair. The activities focus on general mental health issues, the stigma of mental health, anxiety, stress, self-harm, eating disorders and some general activities. There is mention of the Foresight 5 a day cards for your well being which include a card on the importance of giving.

We hope you will find these useful and would welcome feedback.

In case you haven't seen it click [here](#) to see the details of the mental health twilights we are running this term. If you want to attend sessions but have missed the introductory session please get in touch with Rita to discuss.

[\*\*Mental Health Week 2012\*\*](#)  
[\*\*Mental Health Awareness Week Activities\*\*](#)  
[\*\*How Threatening Are These?\*\*](#)

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