



## Getting involved in #MentalHealthAwarenessWeek 2020

Healthy Minds is supporting  
#MentalHealthAwarenessWeek (18th - 24th May)  
and we wanted to share some resources so you're  
able to get involved too.

The theme this year is **kindness**. Kindness has the ability to unlock our shared humanity at this difficult time. Kindness strengthens relationships, develops community and deepens solidarity - it is a cornerstone of our individual and collective mental health.

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[www.healthyminds.services](http://www.healthyminds.services)

 HealthyMindBDC

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## How can you get involved with Mental Health Awareness Week?

Next week Healthy Minds aims to continue our work inspiring people to be kind to themselves and to others - and you can help! Here are a few suggestions of ways to get involved. If you have any questions on the above, please get in touch by emailing [lucy@mindinbradford.org.uk](mailto:lucy@mindinbradford.org.uk)

**Please find attached 7 social media graphics suggesting one Random Act of Kindness for each day.**

1. Share the graphics on your social media channels each day (you don't have to do this every day but there are 7 for the whole week.)
2. Tag up to 3 other accounts in your post, suggesting that they get involved too and share their photos once they have. Tag up to 3 other accounts in your post, suggesting that they get involved too and share their random acts of kindness photos, videos and stories, tagging Healthy Minds in of course.
3. Share photos, videos or stories of your team and followers delivering these random acts of kindness each day.

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We have also included two intro graphics which you can use to introduce this activity with your followers.

**Monday:** Tell someone you know why you are thankful for them

**Tuesday:** Give praise to a family member, friend or colleague for something they've done well

**Wednesday:** Find a creative way to get active for an extra 10 minutes today

**Thursday:** Do something creative

**Friday:** Cook one of your favourite meals

**Saturday:** Write a gratitude list of everything you're thankful for today

**Sunday:** Arrange to have a cup of tea and virtual catch up with someone you know

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