Mental Health Foundation
MENTAL HEALTH AWARENESS WEEK
KINDNESS
18-24 MAY 2020

The theme for this year's Mental Health Awareness Week is Kindness.
We have listed some resources and online sessions that are taking place during the week, for you to access and use.
Click on the images to link to the resource
#KindnessMatters #MentalHealthAwarenessWeek
www.mentalhealth.org.uk/mhaw

Seven days of kindness

Ideas on how to show kindness to self and others over the week

Anna Freud National Centre for Children and Families

Hosting free webinars this week

From crisis to kindness: The pandemic, mental health and early years
Monday 18th May: 17.30 - 19.00

From crisis to kindness: The pandemic, mental health and education
Tuesday 19th May: 17.30 - 19.00

From crisis to kindness: The pandemic, mental health and young people with multiple needs
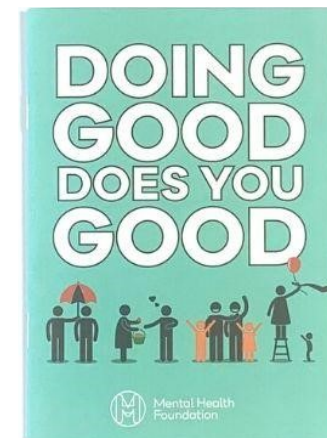Thursday 21st May: 17.30 - 19.00

creative EDUCATION
Free for a week!
Free until 24th May 2020

Sign up to access free course on supporting young people to break the cycle of self-harm

MindWell

Weekly planner and daily kindness resources free to download

DOING GOOD DOES YOU GOOD
Mental Health Foundation

'Kindness Matters' guide from the Mental Health Foundation

Be kind to yourself every day
Use our self-help app to track your mood and find practical tips and techniques to look after your emotional health.
To find out more, visit selfhelp.samaritans.org
SAMARITANS
A registered charity

Self-care app being launched this week

Thema Wythnos Ymwybyddiaeth Iechyd Meddwl eleni yw Caredigrwydd.
Rydym wedi rhestru rhai adnoddau ac sesiynau ar-lein sydd yn cael eu cynnal yn ystod yr wythnos, i chi gael eu defnyddio.
Cliciwch ar y delweddau i gysylltu â'r adnodd

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www.mentalhealth.org.uk/mhaw

Seven days of kindness

Syniadau ar sut i ddangos caredigrwydd tuag at eich hun ac eraill dros yr wythnos
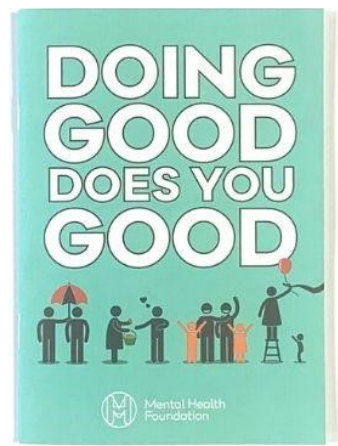

Gweminarau am ddim yr wythnos hon

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Cofrestrwch i gael mynediad i gwrs am ddim ar gynorthwyo pobl ifanc sut i dorri'r cylch o hunan-niweidio

Be kind to yourself every day

Ap hunanofal yn cael ei lansio yr wythnos hon

MindWell

Cynlluniwr wythnosol a adnoddau dyddiol ynglyn a caredigrwydd yn rhad ac am ddim i lawrlwytho

DOING GOOD DOES YOU GOOD

'Kindness Matters' canllaw gan Mental Health Foundation