

Mental Health Awareness Week 2024

This year, Mental Health Awareness Week will take place between Monday 13th May – Sunday 19th May.

This annual event provides an opportunity for all of us to focus on achieving good mental health and wellness whilst increasing our awareness and understanding of good mental health and the support available for us all.

The theme for this year, as set by the Mental Health Foundation, is “Movement: Moving more for our mental health” to highlight the importance of movement for our mental health.

What helps: Take the time to move as part of your daily routine. For example, going for a walk in your local area, mowing the lawn or even dancing to your favourite song in your kitchen.

Please see below for further information and resources on how we can all prevent poor mental health and promote positive wellbeing:

Mental Health Foundation:- <https://www.mentalhealth.org.uk>

[Mental Health Awareness Week 2024 - Mind](#)