

Mental Health Awareness Week May 15th to 21st

Focus: Anxiety

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Kooth and Qwell: You don't have to face it alone campaign

Kooth's managing exam stress campaign will take place between April 24th and April 30th and is the first half of a two-week campaign leading up to Mental Health Awareness Week (15th - 21st May).

Managing exam stress: Spread the word guide.

Kooth have created this guide for anyone who has a role in supporting the mental health and wellbeing of children and young people in their local area. The guide includes:

- Twitter post templates
- Instagram story post templates
- Newsletter/Email copy to share with parents
- Website or learning portal copy

[Download the guide here](#)

Kooth have an online exam stress peer to peer forum available – you can [find out more here](#) and download a poster of the schedule

Spread the Word Guide

Part 2 of their 'You don't have to face it alone campaign' will take place during Mental Health Awareness Week (15th May - 21st May) and will be centred around coping with anxiety and anxious feelings. They're hoping to spread the word about how their CYP service, Kooth and their adult service, Qwell can support people in need

Kooth have created this guide for any individual or entity who has a role or interest in supporting the mental health and wellbeing of children, young people and/or adults in their local area. The guide includes:

- Twitter posts to promote their CYP and adult services
- Instagram story posts to promote their CYP service
- LinkedIn posts to promote their adult service
- Newsletter/Email template to send to parents and carers
- Website or learning portal copy template to promote their CYP and adult services

[Download the guide here](#)

[All assets related to this week can also be accessed from here](#)

[Find out more about Kooth here](#)

[Find out more about Qwell here](#)

Place2Be

Exam resources

Place2Be have created some tip sheets full of practical advice to help young people, schools and families manage stress during exam season.

- [Navigating exam season: Student guide to managing exam stress](#)
- [Navigating exam season: Help your pupils to manage exam stress this summer](#)
- [Navigating exam season: Supporting your child to beat exam stress](#)

Living Life to The Full

Social media copy to only be used with the 'Living Life To The Full' video – attached to this email

A walk around the block, some yoga in your living room, or even a run in the park will help you live your life to the full #mhaw2023 gmilifeskills.com

The everyday getting you down? Meeting up with a friend for a walk, or learning something new might help you live life to the full #mhaw2023 gmilifeskills.com

Struggling to live life to the full? 30 minutes of movement can help you feel better both physically and mentally #mhaw2023 #mentalhealth [gmlifeskills.com](https://gm.lifeskills.com)

SilverCloud

New parent/carer programmes

In addition to our other digital support offers ([Kooth](#), [Qwell](#), [Living Life To The Full](#) and [SilverCloud for adults 16yrs +](#)) we've now got two new free programmes available for parents and carers.

- Supporting an Anxious Child (for parents and carers of children aged 5 to 11)
- Supporting an Anxious Teen (for parents and carers of teenagers aged 12 to 18)

There are two documents available that contain more information:

- [Supporting an Anxious Child \(for parents and carers of children aged 5 to 11\)](#)
- [Supporting an Anxious Teen \(for parents and carers of teenagers aged 12 to 18\)](#)

You can [find out more about these programmes here](#)

You can sign up to SilverCloud here: <https://gm.silvercloudhealth.com/signup/>

Social media posts for mental health awareness week

SilverCloud have produced some suggested tweets and images to accompany them – attached to this email

Free webinar: A compassionate approach to managing anxiety and creating a healthy work-life balance

This free webinar is on May 11th 10.30 am

As a clinical psychologist who struggles with balancing work and family, Malie understands the challenges employees face, which can shake our sense of wellbeing and safety. In this webinar, which is sponsored by SilverCloud, Malie shares the power of self-compassion in helping to manage stress and anxiety by relaying the science behind anxiety and how our modern lives can trigger this evolutionary response.

<https://makeadifference.media/mental/new-webinar-a-compassionate-approach-to-managing-anxiety-and-creating-a-healthy-work-life-balance/>

SilverCloud 16+

SilverCloud – aged 16 years+ Online programmes to help ease your levels of stress, sleep better or to build resilience. You can choose to use any of the programmes. They are self-help, confidential and secure. Instant access to self-help support:

<https://gm.silvercloudhealth.com/signup/>

Mental health and wellbeing support in Greater Manchester that you can self-refer to

We've put together a page on our website as a 'one stop shop' for services that people can self-refer to. It includes a range of information for adults: Free online wellbeing programmes; Free digital mental wellbeing support; NHS talking therapies (for anxiety and depression); Crisis mental health helplines; Shining a light on suicide; Greater Manchester bereavement service. We're continuing to add services for children and young people.

<https://hub.gmintegratedcare.org.uk/mental-health/mental-health-and-wellbeing-support-in-greater-manchester-that-you-can-self-refer-to/>

Self-help resources on low mood and anxiety

These resources provide guidance and information that have all been quality assured by a Clinical Psychologist. There are resources for young children, teens and parents and carers. There are also resources for ADHD; Anxiety; Low mood; OCD; Self-harm. You can [access all the resources here](#)

Every Mind Matters

Anxiety and Physical Health

This Mental Health Awareness Week Better Health Every Mind Matters will be helping people recognise their symptoms of anxiety and motivating them to get physically active to help reduce these symptoms. We'll be encouraging people to move for their mental health and driving them to NHS-approved digital resources such as the Couch to 5k and Active 10 apps. Their campaign will launch on May 14th and you can access resources here:

<https://campaignresources.dhsc.gov.uk/campaigns/better-health-every-mind-matters/campaign-toolkit-mental-health-awareness-week/>

NB - these resources have this note: Embargoed - planning document only. Not to be shared with media or public until Sunday 14th May

Conversation starters and dispensers

There are 2 types: of conversation starters available, covering:

- Physical activities to help with mental wellbeing (move more, walk away worries...)
- Some common issues that can affect mental health (sleep issues, anxiety...)

These 2 conversation starters can also be ordered in packs. There are 25 conversation starters in 1 pack, so make sure to enter the number of packs you want, for example if you would like 50, you would need to order 2 packs of 25. You will need to sign in or register to access these resources. <https://campaignresources.dhsc.gov.uk/campaigns/better-health-every-mind-matters/conversation-starters/>

Greater Sport resources

- GM Walking – <https://gmwalking.co.uk/our-resources/mindfulness-walking/>
- GM Ways to Wellbeing graphic (attached)
- Daily Mile benefits (attached) Find organised walks here <https://gmwalking.co.uk/festival-routes/>
- Age UK – [Mental health and physical health are linked](#)
- Mental Health Foundation – [How to... look after your mental health using exercise](#)
- Rethink Mental Illness – [physical activity and mental health](#)

We Are Undefeatable Campaign

- Jo's Story. https://youtu.be/Aoy_ddRXoFE
- Hannah's Story <https://weareundefeatable.co.uk/our-stories/hannah>
- [Relax while being active](#)
- [Move to your mood videos](#)

MIND – Get Set Go

- [Tips for everyday living – physical activity and your mental health](#)
- Sujan's Story. <https://youtu.be/pSR2-Y1XL48>
- 5 ways to get moving and feel better. <https://youtu.be/M4p6TddpHSg>