

Mental Health Awareness Week 2022

Resources, links and further information

Mental Health Awareness Week is from 9th - 15th May 2022 and this years theme is Loneliness

Loneliness is a normal part of life, with most of us feeling lonely at some point and experiencing how it can gnaw away at our sense of self-worth and belonging.

Loneliness is not about the number of friends we have, the time we spend on our own or something that happens when we reach a certain age. Loneliness is the feeling we experience when there is a mismatch between the social connections we have and those that we need or want. That means it can be different for all of us.

This Mental Health Awareness Week, we want to give loneliness the attention that it deserves, bringing it out from the shadows where it so often is hidden. Together we will expel the shame we often feel and how many of us still struggle to talk about loneliness and how it is affecting our mental health.



Mental Health Foundation are the charity that set the campaign themes each year and lead the way. This year they have developed a fantastic set of resources. They include; an assembly, a lesson plan, a resource pack and guides for schools, parents/carers and pupils. To access these resources for this years campaign, please [click here](#).



Anna Freud have created a toolkit for Mental Health Awareness week packed full of resources for staff and students. The resources are grouped into primary and secondary, with activities for all abilities and ages available. [Click here](#) to be taken to the download.



You can download a short resource to use as a session/intervention to use with children to tackle feelings of loneliness. [Click here](#) to download it.

This has been taken from our "The Way We Feel" intervention pack. [Click here](#) to download the primary pack and [here for the secondary pack](#).

Youth Focus is an organisation in the North West that is dedicated to improving the lives of young people in numerous ways. They have developed a range of resource packs, one of which is dedicated to "Tackling Loneliness".



[Click here](#) to be taken to their resource pack page.

The link below will take you to more general mental health resources that may not specifically fit this years theme, however they are quality resources that have a lot of value and can be easily used or adapted.

[Anna Freud Resources](#)

As always, we would love to see how you and your school get involved in this campaign!

Please feel free to share what your doing with us via email or twitter.

email - healthy.schools@mft.nhs.uk

twitter - @mcrhealthysch

