

Registered Charity
No. England 801130
Scotland SC 039714



Mental Health
Foundation

MENTAL HEALTH AWARENESS WEEK

18-24 MAY 2020

#KindnessMatters

 @MentalHealthFoundation
 @MentalHealth  @MentalHealthFoundation

KINDNESS

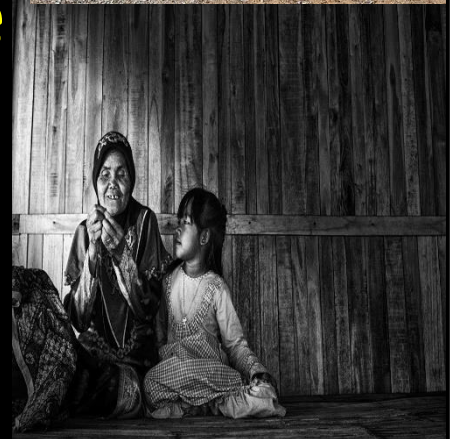
#KindnessMatters #MentalHealthAwarenessWeek



What is kindness and why is it important?

Kindness is being helpful also making people smile when their upset.

Kindness is important because we all want to be happy because if we was all sad the world would be a horrible place to live.

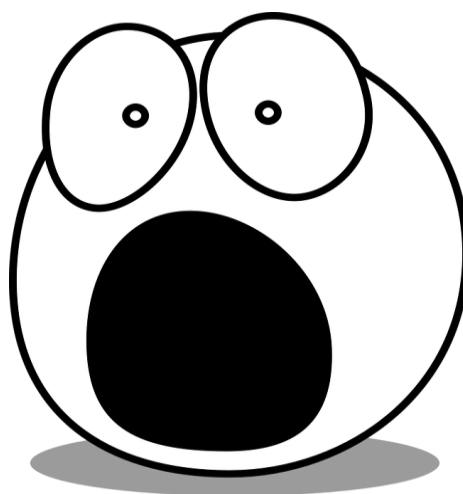


You don't even have to be kind just don't be horrible to someone because that's kind.

#KindnessMatters #MentalHealthAwarenessWeek

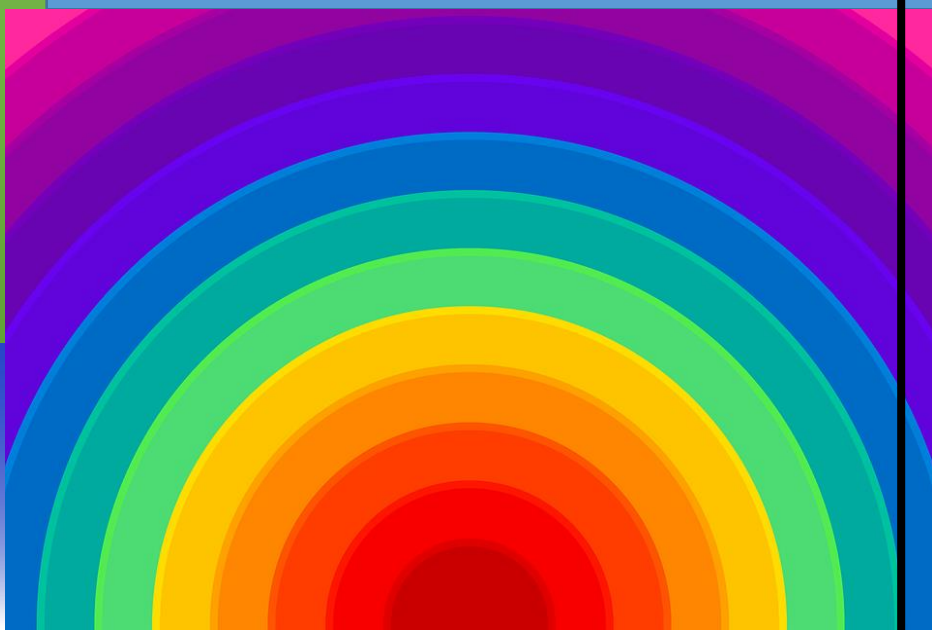
Anxiety and young children

People are scared



Its where you are
scared about
something and
you worry a lot
about it

If you are worried about
something then tell an adult





**Make
Sure
Your
Happy**

18-24th May

**Mental awareness is
very serious and no
one should have
bad mental health
so make sure you
and your family ,
friends are all
happy.**

kindness

happiness

**Ways To Keep Yourself
Happy .**

**Call a family
member.**

**Take time for
yourself .**

**Make your
favourite food .**



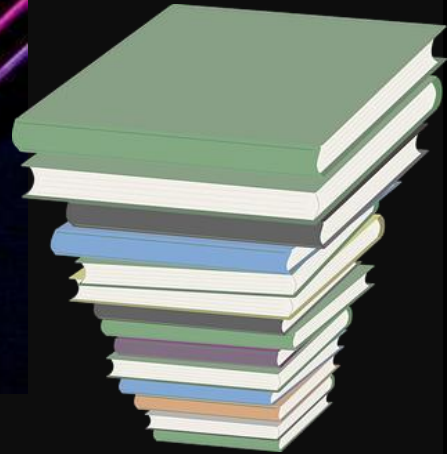
Child line = 0800 1111

#KindnessMatters #MentalHealthAwarenessWeek

18-24 MAY 2020



SCHOOL



MENTAL HEALTH AWARENESS WEEK



Do something nice for a friend
Complete your work
Give positive feedback
Support others



#KindnessMatters #MentalHealthAwarenessWeek



Bake a cake for some one
you know

Send some one a post card

Give some one some flowers

Face time some one you know

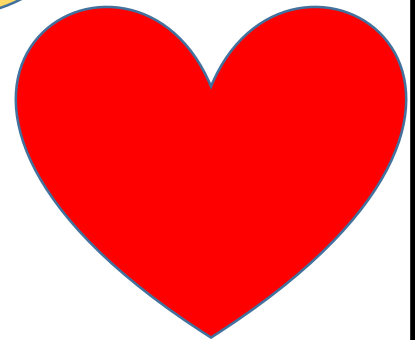
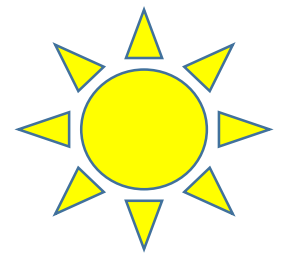
Wave to some one

Or ask how there days going

mental

health

awareness



Family

Friends



#KindnessMatters #MentalHealthAwarenessWeek

Community



Volunteer to help people

Raise money to help

Get food for people

Donate money to help stop the virus

support

#KindnessMatters #MentalHealthAwarenessWeek



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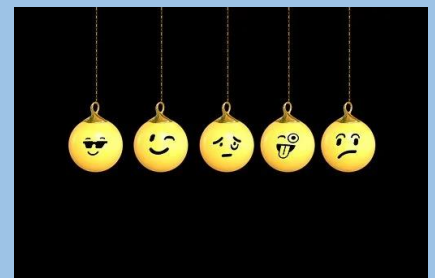
Home



18-24th
may

Mental health awareness week.

- Help a neighbour.
- doing the washing up
- Keeping your room tidy.
- Having five minutes to hover the living room
- Making breakfast
- Making a cup of tea



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