

# Mental Health Awareness Week 2020

Mental Health Awareness Week 2020



Mental Health Awareness Week will take place from 18-24 May 2020 on the topic of kindness.

During the week, we would like you to carry out or reflect on an act of kindness. Take a photo or video (with permission!) and use the hashtags:

#KindnessMatters

#MentalHealthAwarenessWeek

## Why was kindness chosen?

Kindness was chosen because of its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.

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The National Wellbeing Service Ltd is pleased to support Mental Health Awareness Week hosted by the Mental Health Foundation and YoungMinds.

You can follow the Mental Health Foundation over social media:

- **Facebook:** @mentalhealthfoundation
  - **Twitter:** @mentalhealth
  - **Instagram:** @mentalhealthfoundation
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Our many thanks to the Mental Health Foundation and YoungMinds for providing material for this webpage and for organising Mental Health Awareness Week 2020.

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