

Mental Health Awareness Week

Mental Health Awareness Week 11-17
May 2015



Mental Health Awareness Week

Now in its 15th year, Mental Health Awareness Week aims to encourage the conversation around mental health to fight discrimination and stigma and promote good mental wellbeing. For one week in May, Mental Health Foundation campaigns around a specific topic. This year the week will fall from 11-17 May and will be on the theme of mindfulness.

Mindfulness is about paying attention to the present moment, without getting stuck in the past or worrying about the future.

During Mental Health Awareness Week the Mental Health Foundation will be encouraging supporters to hold events within their workplaces and communities, with over 300 events taking place around the UK last year. The Mental Health Foundation [is providing materials and support](#) for these activities, and will be launching the week with an event on the 11th of May, attended by their patron, Princess Alexandra. The National Wellbeing Service have partnered with the Mental Health Foundation to raise awareness of mindfulness and mental health. To find out more about the campaign, visit:

<http://bit.ly/1E1lQUF>

Mindfulness Podcast: An Introduction

This podcast below provided by the Mental Health Foundation, gives you an introduction to mindfulness and its benefits. It's narrated by Dr Jonty Heaversedge, with contributions from mindfulness expert Dr Mark Williams and Kathy, who practices the technique.

Mindfulness – 10 Minute Exercise Podcast

This podcast below provided by the Mental Health Foundation, is a relaxation exercise narrated by Mindfulness expert, Professor Mark Williams. It features a series of breathing and visualisation techniques.



Mental Health
Awareness Week