




Mental Health Awareness Week

9 - 15 May 2022



Together we can
tackle loneliness



#IveBeenThere



Peer Education Project

Loneliness

Finding our
connections to feel
less lonely

Assembly





How to get involved with Mental Health Awareness Week



Visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk) or connect with the Mental Health Foundation's social media channels:

Twitter: @mentalhealth

Facebook: @mentalhealthfoundation

Instagram: @mentalhealthfoundation

LinkedIn: @mental-health-foundation

Mental Health

Awareness week 2022
9th-15th May



Helpie Selfie Challenge!

Mental Health Awareness Week takes place on Monday 9th May- Sunday 16th May. The theme is loneliness. To help tackle loneliness and promote kindness the South Leicestershire School Sports Partnership, the Healthy Schools Team, Active Oadby & Wigston, Active Blaby and Active Harborough, have created the Helpie Selfie Challenge.



For the challenge, parents are asked to tweet a picture showing their child helping someone. You may choose to take a picture of your child baking a cake for their grandma or helping an elderly neighbour with their shopping. Parents are encouraged to tweet pictures/videos of the challenge using #HelpieSelfie and tag in @slsssp along with @activeoadbywigs, @activeblaby or @SportinHarb depending on the area you live.

An Amazon gift voucher will be awarded to lucky participants at random!

Let's tackle loneliness and spread kindness!!!



Healthy Schools



South Leicestershire School Sports Partnership
Health | Well-being | School Sport | PE | Physical Activity



BE KIND
BE HELPFUL
BE NICE
BE INTERESTING
DONT BE BOASTFUL
BE HAPPY
DONT BE SAD
TAKE A SELFIE

Photos can also be emailed to:
geraldc@wellandparkacademy.com to share within our school community as a celebration of well-being, showing respect to others and being kind to each other.

Staff can get involved too!