

# What is Mental Health Awareness Week?



Mental Health  
Foundation

Mental Health Awareness Week (MHAW) is an annual event which prompts everyone to focus on achieving good mental health.

The Mental Health Foundation started the event and continues to set the theme, organise and host the week.

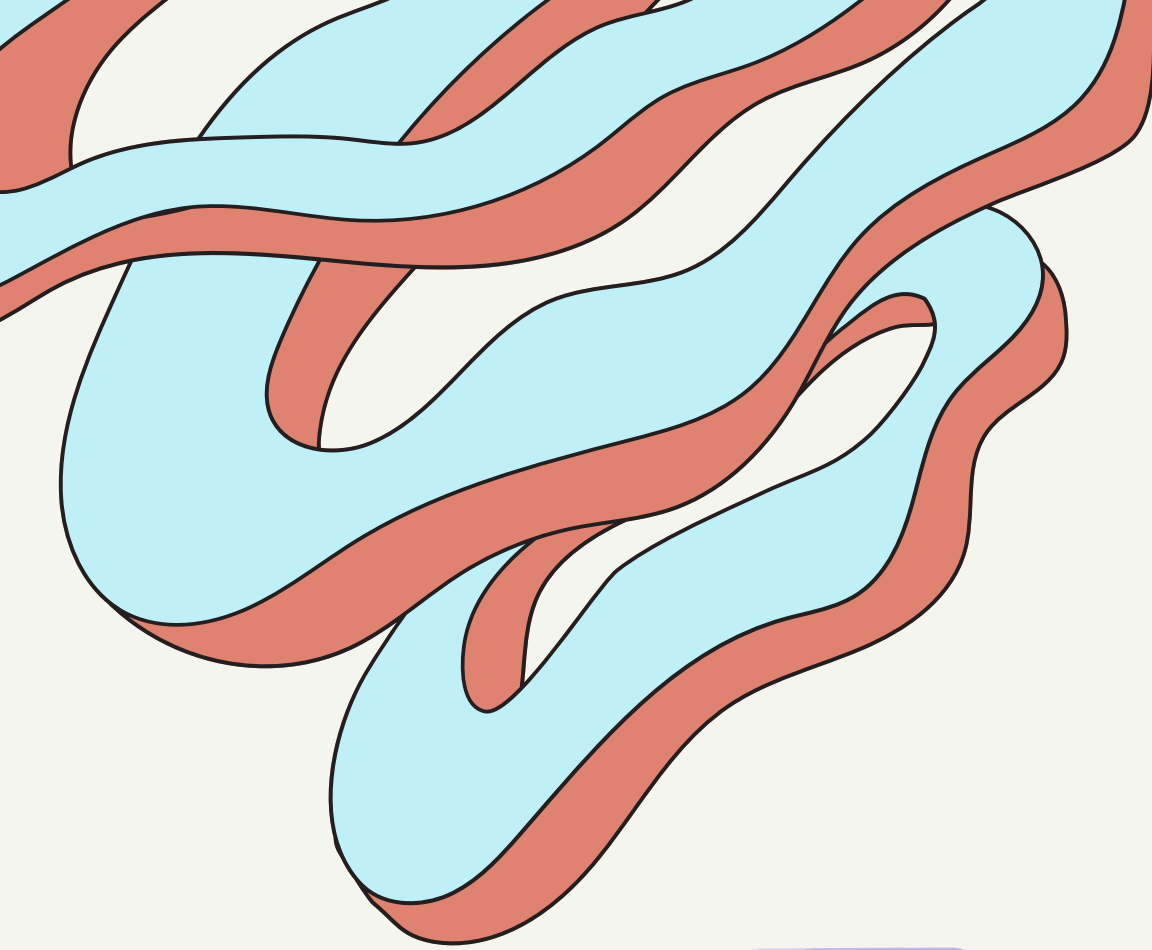
The event has grown to become one of the biggest awareness weeks across the UK and globally. This year the event takes place between 9th-15th May 2022.

Mental Health  
Awareness Week

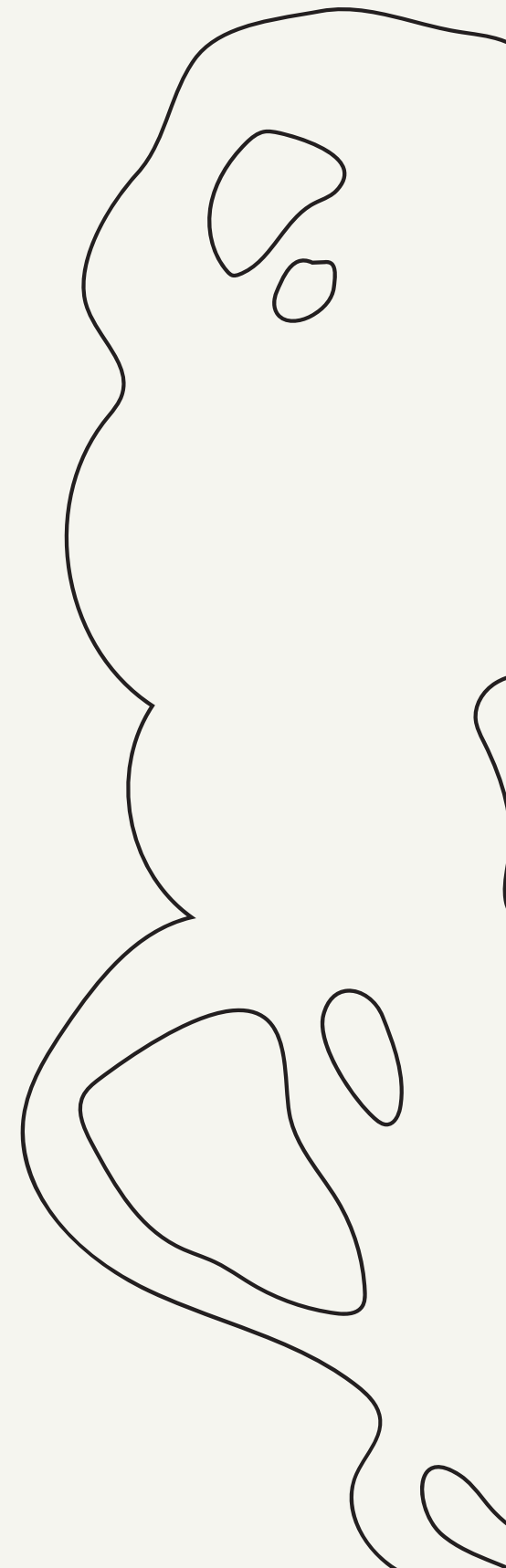
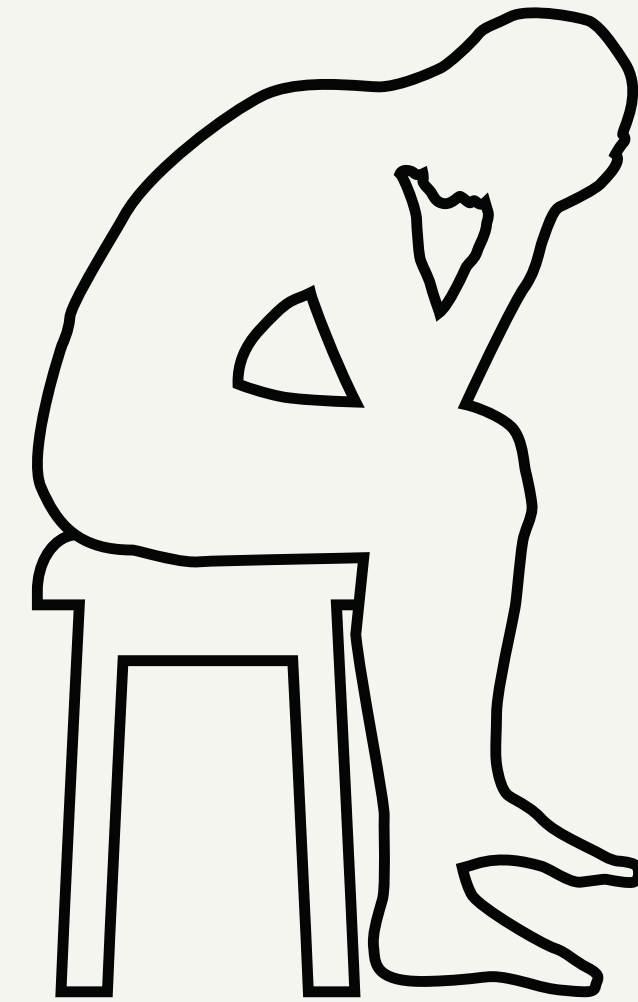
9 - 15 May 2022

#IveBeenThere





**This year's  
theme is  
loneliness**



# Loneliness

A recent survey showed that between 3 April and 3 May 2020, 5.0% of people said that they felt lonely “often” or “always”. with this increasing to 7.2% From October 2020 to February 2021.

Loneliness has a huge impact on our physical and mental health, and as social beings, our connections with people and our community is vital.



<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/mappinglonelinessduringthecoronaviruspandemic/2021-04-07>

# Loneliness

Loneliness is an issue that can affect us all, young or old, at any point in our lives. You may live in the city or a rural area, with family or on your own and still feel isolated.

There is no common cause for loneliness, and sometimes there may not be anything significant that triggers it.

Everyone experiences feelings of loneliness in different ways which means that there are different ways of tackling the issue.

We may find it easier to support someone else impacted by loneliness, but it can be much harder to admit that we feel lonely.

More open conversations are needed about loneliness to enable people to seek the support they need.



# Loneliness

Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic.

Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness.

We can all play a part in this.  
So, in May 2022, help raise awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it.

Reducing loneliness is a major step towards a mentally healthy society.



# Facts & figures\*

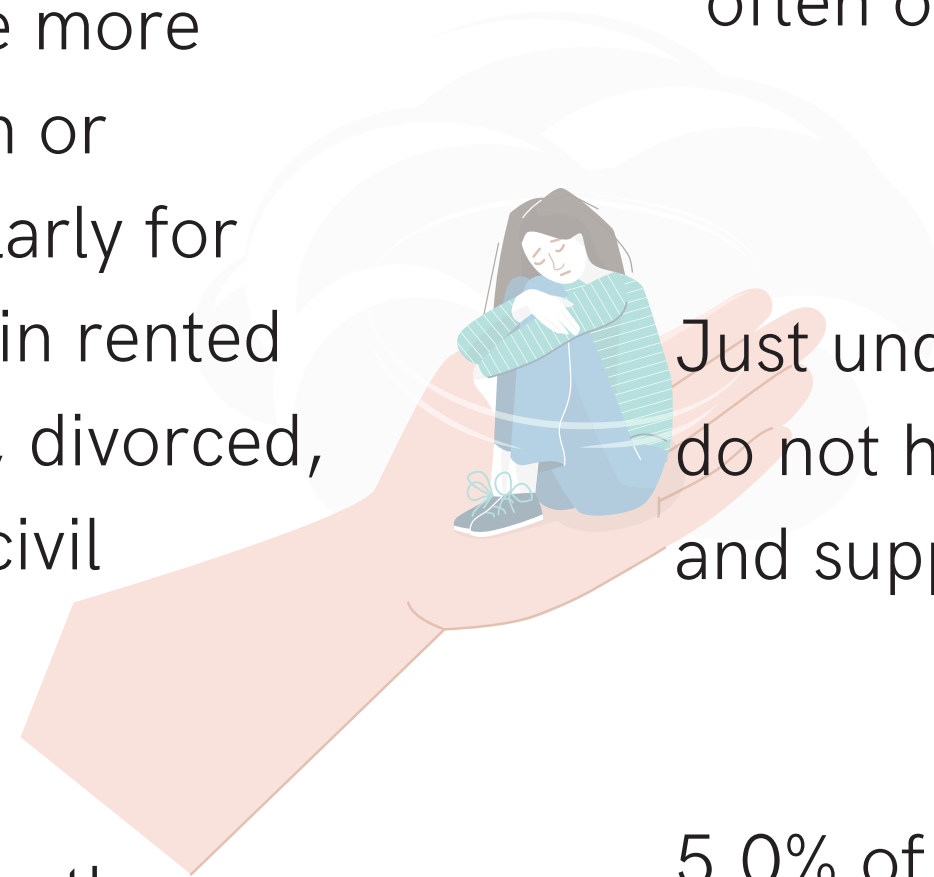
Working-age adults living alone were more likely to report loneliness both "often or always" than the average adult. Similarly for those in "bad" or "very bad" health, in rented accommodation, or who were single, divorced, separated or a former or separated civil partner.

Around a quarter of young people say they "often" feel they lack companionship (25%), 25% say they often feel left out and 27% feel isolated from others.

Both those feeling lonely "often or always" had lower personal well-being, including higher anxiety, than the Great Britain average, but the effect was stronger among those feeling lonely "often or always"

Just under 1 in 7 young people (14%) say they do not have a trusted adult to go to for advice and support if they were experiencing a problem

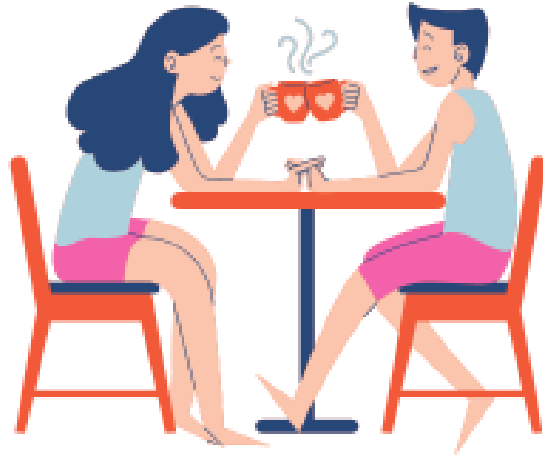
5.0% of people in Great Britain reported that they felt lonely "often" or "always" between 3 April and 3 May 2020, about the same proportion as pre-lockdown



\* <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/coronavirusandlonelinessgreatbritain/3aprilto3may2020>  
<https://www.mentalhealth.org.uk/news/hundreds-thousands-young-people-feel-isolated-lonely-and-uncertain>

**every mind  
matters**

## Feeling Lonely? Here are some tips



### **1. Keep in touch with those around you**

Talk to friends and family. Sometimes a friendly chat can make a big difference, whether someone is around the corner or further away



### **2. Join a group**

Find a group with a shared interest. Being part of an offline or online group or club is a great way to make connections and meet people.



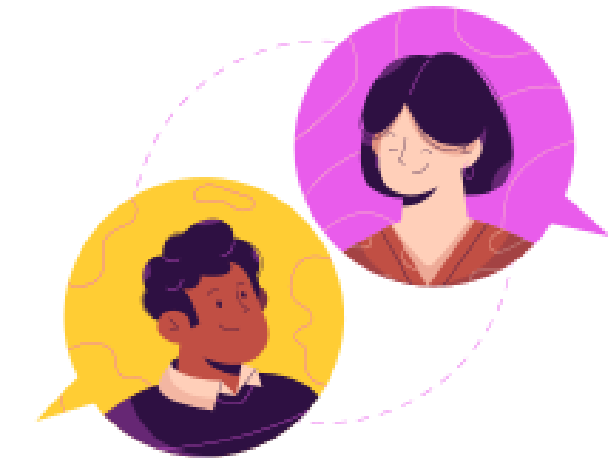
### **3. Do things you enjoy**

Filling your time doing more things you like can stop you from focusing on feelings of loneliness and is good for your wellbeing.



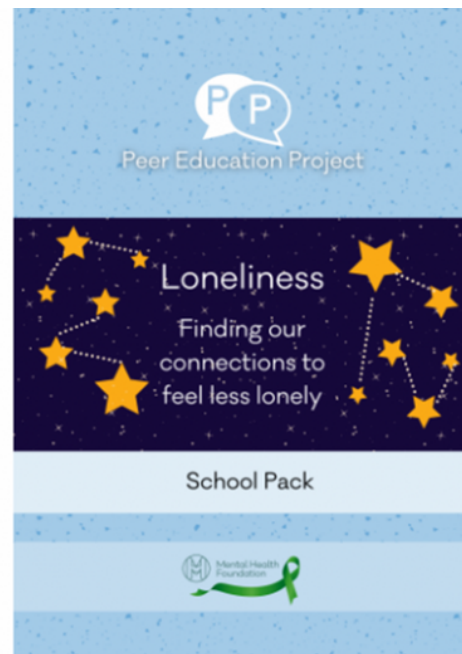
### **4. Share your feelings – but do not compare**

Being able to talk about how you feel with others can help with loneliness, as well as hearing a familiar voice or seeing a friendly face.



### **5. Help someone else feel connected**

Reach out to others – think about people you know who might be feeling lonely and make an effort to connect with them.



# Resources

For supporting MHAW



## Mental Health Foundation

- Branding for week and images for social media
- Loneliness resource pack for schools

## Lift someone out of loneliness campaign

- Earlier in the year, as part of the Better Health: Every Mind Matters campaign, the Department for Digital, Culture, Media and Sport encouraged people to 'Lift Someone Out of Loneliness' by taking a simple action to help someone who may be feeling lonely. If we do this regularly, we can all help to lift each other up. Resources available here

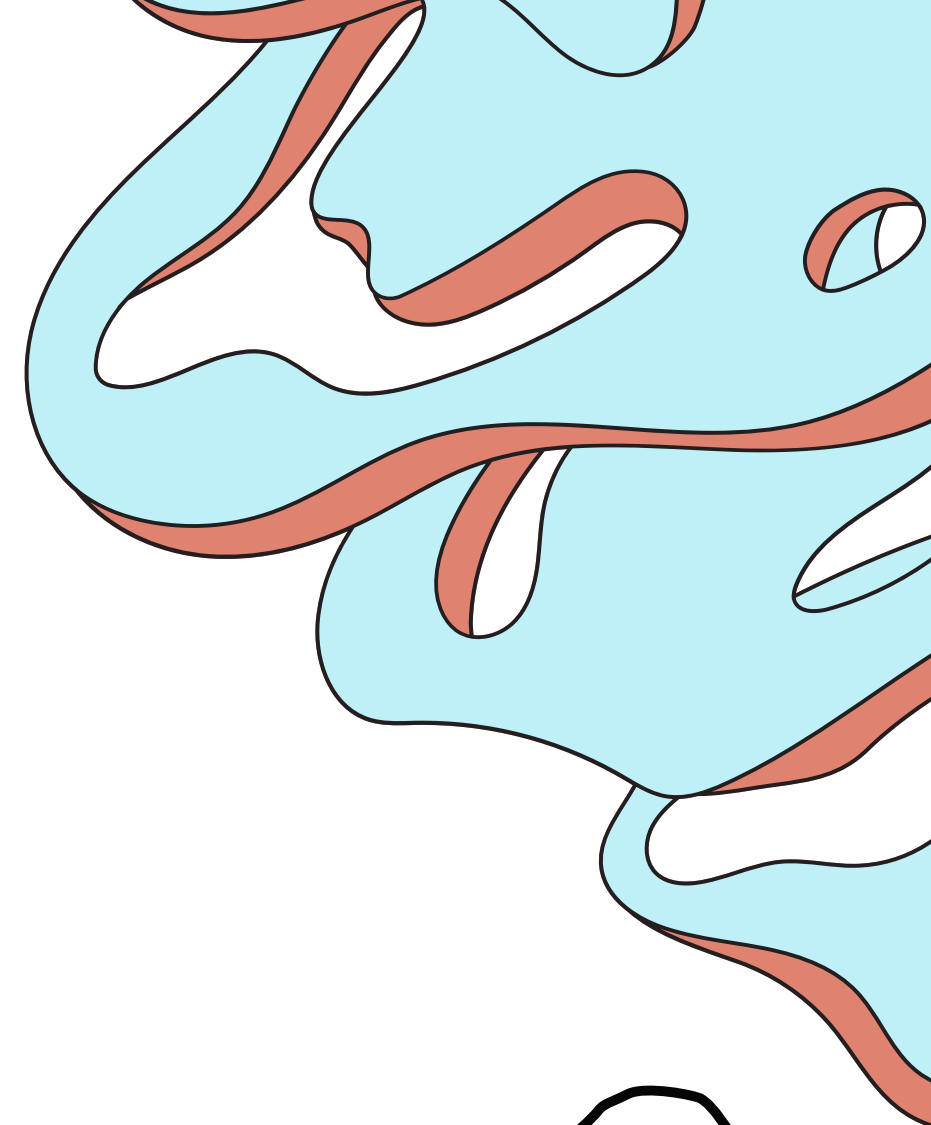
## The Campaign to End Loneliness

- The Campaign to End Loneliness believes that people of all ages need connections that matter. Their vision is that everyone can live a life free from chronic loneliness. They share research, evidence and knowledge with thousands of other organisations and the public to make a difference to older people's lives.



# Other useful links

- The Marmalade Trust is dedicated to raising awareness of loneliness and helping people make new friendships, for all ages [www.marmaladetrust.org](http://www.marmaladetrust.org)
- Better Health Every Mind Matters – loneliness page (advice & support for loneliness) [www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/](http://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/)
- Mind - Tips for loneliness [www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/](http://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/about-loneliness/)
- Heads Up - Men Mental Health support and information <https://thisisheads-up.uk>
- Keeping Well BLMK is a free and confidential service offering wellbeing and psychological support to key workers in the Bedfordshire, Luton and Milton Keynes area. How to contact us: Phone: 01908 724 227 Email: [keepingwell.blmk@nhs.net](mailto:keepingwell.blmk@nhs.net)  
[www.keepingwellblmk.nhs.uk/how-we-help](http://www.keepingwellblmk.nhs.uk/how-we-help)
- Mind BLMK -Mental health support across BLMK Phone: 0300 330 0648 [www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)
- For Men to talk- A chance for men suffering with anxiety, depression and grief to talk with other fellow sufferers <http://www.formentotalk.co.uk/>
- Samaritans - offers a listening service which is open 24 hours a day, PHONE on 116 123 [www.samaritans.org/](http://www.samaritans.org/)



# Signposting to support



- The Mix - The Mix offers free confidential help for under-25s to get support online and via a helpline: call on 0808 808 4494 •text "THEMIX" to 85258 [www.themix.org.uk/](http://www.themix.org.uk/)
- Silverline -A free 24-hour confidential telephone helpline offering information, friendship and advice to people over 55: call Silverline on 0800 4 70 80 90 [www.thesilverline.org.uk/](http://www.thesilverline.org.uk/)
- The Student Room- is the largest online community, with a range of different forums to help students get advice and support from others while studying:
  - visit The Student Room [www.thestudentroom.co.uk/](http://www.thestudentroom.co.uk/)
- Mind Side By Side -If you are over 18, you can join Side By Side, an online community where you can listen, share and be heard by others: •visit Side By Side <https://sidebyside.mind.org.uk/>
- Mumsnet -is a great place to connect with other parents and carers. The website offers advice, knowledge and support help make lives easier on everything from conception to childbirth and babies to teenagers .visit Mumsnet [www.mumsnet.com/](http://www.mumsnet.com/)
- Gransnet is a social networking site that offers a forum for over-50s to chat, debate, support each other and share a laugh: visit Gransnet [www.gransnet.com/](http://www.gransnet.com/)