

# MENTAL HEALTH AWARENESS WEEK

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CENTRAL & WEST LANCASHIRE  
MENTAL HEALTH SUPPORT TEAMS

12-18th May is Mental Health Awareness Week! Here's some information about it!

## WHAT IS WORLD MENTAL HEALTH DAY?

Mental Health Awareness Week helps to bring everyone together to focus on getting good mental health. This year's focus is on the power and importance of "Community".

Being part of a safe, positive community is essential for our mental health and wellbeing



## WHAT IS MENTAL HEALTH ?

It includes our physical, emotional, psychological and social wellbeing. It affects our thoughts, our feelings and our behaviours. It helps determine how we interpret the world around us, interact with others, how we handle stress and make choices.



Everyone has mental health



## SIGNS OF POOR MENTAL HEALTH

Sometimes we can feel mentally healthy and other times we might experience poorer mental health. This is normal; our mental health can fluctuate all the time. However, if you have been experiencing poorer mental health for longer than a couple of weeks or it is beginning to feel overwhelming, it's important to speak to a trusted adult for support.



Withdrawing yourself



Mental health is just as important as physical health

## WAYS TO IMPROVE YOUR MENTAL HEALTH 5 Ways to Wellbeing

### GIVE

Give your time, your words and your presence



### KEEP LEARNING

Learn a new skill to be proud of

### BE ACTIVE

Do what you can to move your body



### CONNECT

Talk and listen with those around you. Reach out to someone

### TAKE NOTICE

Be present in the moment. Be mindful



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**HAVE  
FUN**

**Make it fun:  
Do  
something  
enjoyable  
together**



**THANK  
YOU**

**Show  
your  
appreciation**

**Get  
outdoors**



**Find like-  
minded  
people**

**Ways to get  
involved with  
your community**

**Show  
kindness to  
others**



**Connect  
Online**



**Give  
back**



**Welcome  
others**



**Care for  
your local  
community**



**Find  
peer  
support**



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## WAYS TO GET INVOLVED IN MENTAL HEALTH AWARENESS

Organise a Tea &  
Talk fundraising  
morning



Sign up for  
an active  
challenge  
event

Volunteer  
your time  
for a good  
cause



Find out what is  
going on at your  
school - maybe  
there's something  
you could support  
with



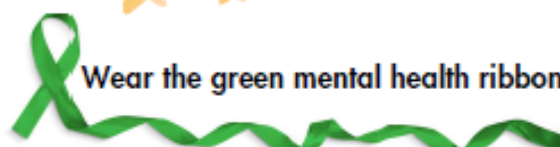
Check in with  
someone



Educate yourself  
about mental  
health



Wear it  
Green  
Day



Wear the green mental health ribbon

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FOLLOW US ON OUR SOCIALS:



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IF YOU FEEL YOU  
NEED SUPPORT  
WITH YOUR  
MENTAL HEALTH

SPEAK TO A TEACHER OR  
A MEMBER OF THE  
PASTORAL TEAM FOR  
MORE INFORMATION  
ABOUT COMPASS  
BLOOM