

Nature

MENTAL HEALTH AWARENESS WEEK 10-16 MAY 2021

How can you be a part of Mental Health Awareness Week?

The theme for this year is **Nature**. During long months of the pandemic, millions of us turned to nature, and this year's aim is to encourage more people to connect with nature, which might be somewhere right on your doorstep.

Whether you do this on your own, with a friend or family member, the benefits from spending time in nature and incorporating this into your daily routine can be great!

Join in with Mental Health Awareness week by sharing your story or pictures (with permission) of connecting with nature using **#NatureBLMK** and **#MentalHealthAwarenessWeek**
#ConnectingWithNature

Contacts and links to additional support



Local Services

MK Talk for Change

Offers access to talking therapies and mental health care, including a weekly webinar for those individuals who are experiencing difficulties with Covid-19 or associated with isolation

Tel: 01908 725099 support@talkforchange.org.uk

Mind BLMK

Existing services replaced with phone and/or email support on

Tel: 0300 330 0648 or hq@mind-blmk.org.uk

Kooth Online counselling for young people

www.kooth.com

Milton Keynes Age UK

Telephone befriending service

Tel: 01908 550700 (Monday-Friday 9am-4pm)

Mental Health Crisis

If you or someone you know needs urgent mental health support you can call the CNWL crisis line

Tel: 0800 0234650

Mind MK Crisis Café

Open 5-11pm, 7 days a week.

Tel: 01525 722225

Official Covid-19 Guidance

www.gov.uk/coronavirus

www.nhs.uk/conditions/coronavirus-covid-19/

Helplines

Samaritans www.samaritans.org

Tel: 116 123

Shout Crisis Text line

Text Shout to 85258

CALM www.thecalmzone.net

Tel: 0800 58 58 58

Our Frontline – support for frontline workers.

Text: FRONTLINE to 85258 or call 116 123 for a conversation with a trained volunteer

www.mentalhealthatwork.org.uk/ourfrontline

National Debt Line

– free and independent advice

Tel: 0808 808 4000 9am-8pm Monday-Friday or visit www.nationaldebtline.org

Useful Links

Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters/

From early September Every Mind Matters will provide information to support children and young people

Heads Up – men's mental health campaign

www.thisisheads-up.uk

Five ways to wellbeing

www.milton-keynes.gov.uk/5waysmk

See the Signs, Save a Life

<https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/mental-health-and-wellbeing-looking-after-your-mental-health-and-wellbeing-during-coronavirus/see-the-signs>

Mind

www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

Mental Health Foundation

www.mentalhealth.org.uk/coronavirus/coming-out-of-lockdown

Age UK

www.ageuk.org.uk

Tel: 0800 678 1602 (8am-7pm))