

# Welfare Bulletin

## Mental Health Awareness Week

Mental Health awareness week takes place between  
10/5/21 ac 16/5/21.

This provides a great opportunity for schools and further education settings to normalise the discussion of mental health and wellbeing amongst pupils and staff.

The theme for this year is 'nature'. Recent National Trust research found a link between feeling connected to nature and having improved wellbeing.

Here's some support regarding connecting mental health and nature.  
[https://mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2021-toolkit?utm\\_source=mhs&utm\\_medium=newsletter&utm\\_campaign=mhaw21&utm\\_content=secondarytoolkit](https://mentallyhealthyschools.org.uk/resources/mental-health-awareness-week-2021-toolkit?utm_source=mhs&utm_medium=newsletter&utm_campaign=mhaw21&utm_content=secondarytoolkit)

**During the week, take a look at these videos.  
Remember that the school is always here for you.**

Day 1: What is mental health?

[https://www.youtube.com/watch?v=\\_y97VF5UJcc](https://www.youtube.com/watch?v=_y97VF5UJcc)

Day 2: 5 steps to wellbeing

[https://www.youtube.com/watch?v=\\_gJ5V525Sck](https://www.youtube.com/watch?v=_gJ5V525Sck)

Day 3: Discuss Mental Health

<https://www.youtube.com/watch?v=nCrjevx3-Js>

Day 4: We all have mental health

<https://www.youtube.com/watch?v=DxIDKZHW3-E>

Day 5: It's good to talk

<https://www.youtube.com/watch?v=FUbl2XhIK-M>

04.05.21



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