

Mental Health Awareness



Organised by the Mental Health Foundation, this year's theme, '**Community**', focuses on how connection and belonging support mental health and wellbeing. A strong support network can make a real difference to how we feel. Whether at school, at home or in wider social circles, feeling part of a community can provide comfort, encouragement and a sense of purpose.

MENTAL HEALTH
AWARENESS WEEK



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12-18 MAY 2025