



Mental Health Awareness Week will take place from 18-24 May 2020, and this year's theme is kindness.

Organised by the Mental Health Foundation, the week aims to raise awareness and to promote the message of good mental health for all.

The theme has been chosen because 'kindness' its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community, and deepens solidarity, which we have seen during this difficult time of Coronavirus-19.

At this time it is important that we look after each other, and kindness is an act which supports wellbeing.

Cheshire East Council provide up to date information about support for mental health during this time, please visit;

<http://www.cheshireeast.gov.uk/mentalhealthinfopoint>



Working for a brighter future together