

THE HAKIM GROUP ARE CELEBRATING

Mental Health Awareness Week

9TH-15TH MAY 2022

TODAY MARKS THE LAUNCH OF MENTAL HEALTH AWARENESS WEEK, THE UK'S NATIONAL WEEK TO RAISE AWARENESS OF MENTAL HEALTH.

This year, the theme for the week is '**Loneliness**'

Why loneliness?

Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this.

So, this Mental Health Awareness Week, we are raising awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it.

Reducing loneliness is a major step towards a mentally healthy society.

Help us bring loneliness into the light

There is so much you can do during the week. Take the chance to get in touch with a friend or neighbour you haven't spoken with in a while. Have a look at and share the Mental health foundation podcasts, animation, personal stories, social posts, research, policy asks and tips that we'll be publishing in the week. Use our **Loneliness School Pack** to help teachers and pupils explore the theme in schools and download our **Wear it Green fundraising Pack** to show your support for the week.

Most of all, **we want to hear your stories of loneliness**. Sharing our own stories helps reduce the stigma around loneliness and challenge the stereotypes about who experiences loneliness and how it affects us.

Get involved in the largest collective sharing of loneliness experiences and together let's shatter the stigma around loneliness. Share your experiences and send a powerful message to others, using the hashtag **#IveBeenThere** and **#MentalHealthAwarenessWeek**

If you are feeling overwhelmed by your current stresses in life, make time to talk.

Please contact us at wellbeing@hakimgroup.co.uk or call Simply Health on **0800 975 3347**



**TIME TO
TALK**



**HG MENTAL HEALTH
& WELLBEING**



Mental Health
Foundation