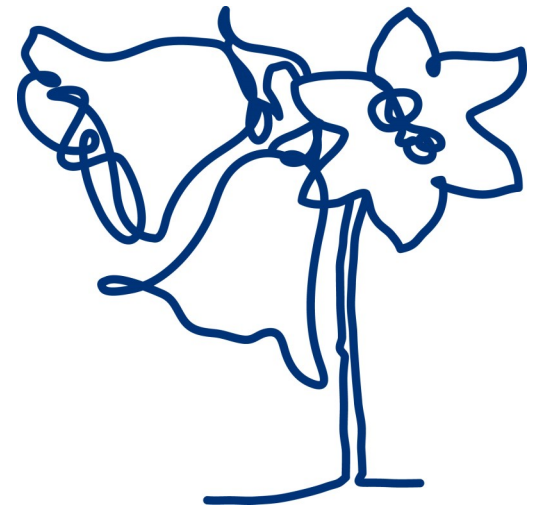


Kindness

to yourself and others

**Mental Health
Awareness Week 2020**



Mental Health Awareness Week



Mental Health Awareness Week is the UK's national week to raise awareness of mental health and mental health problems and inspire action to promote the message of good mental health for all.

Mental Health Awareness Week has been run by the Mental Health Foundation since 2001 and since then, support has grown, with Mental Health Awareness week seeing hundreds of events take

place around the country to raise awareness for mental health. Schools, businesses, community groups and even people in their own homes host events.

Why have a 'Kindness' Theme?

One thing to be seen all over the world is that kindness is prevailing in uncertain times.

Reports from the Mental Health Organisation reveals how inequality is rising in our society, with children and young people in the poorest parts of our country two to three times more likely to experience poor mental health than those in the richest. This increasing gap is having harmful effects on our individual and collective mental health.

Kindness can transform a community, a school, or a family.

Helping others is not only good for the community, but can help reduce our own stress and improve our emotional wellbeing.

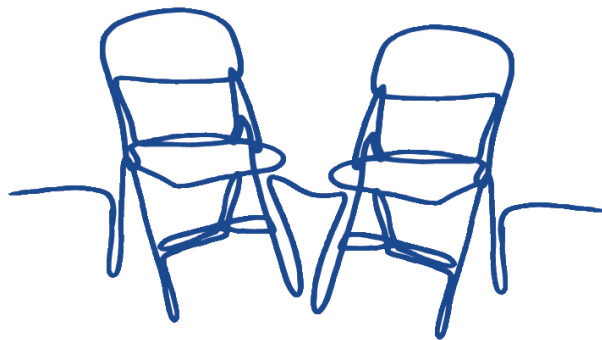


Kindness can
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community, a school
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Families in Lockdown

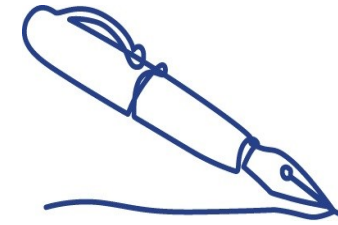
Approaching mental health within families, from our Young People's Steering Group

Be there— everyone will experience this lockdown differently. What might pass you by, barely noticeable, might be huge for someone else. Let your children and family know that you are there to listen. Try to go further than the perhaps 'routine' line "let me know if you need anything" but really make sure they know to talk if they need to. **Being there** could also mean trying not to come up with solutions, unless the person talking wants them. It might be just a case of *really* listening, being a soundboard and hearing their thoughts. As a parent, it will be natural to want to help your child, but sometimes answers can be more dismissive than helpful.



Don't assume— Appearing ok despite experiencing difficult situations, might not be reflective of the real situation; simultaneously, your child going through a quiet, down time, doesn't always signify mental illness. General mental *health* is ever changing and complex. Sometimes a simple conversation or awareness, can mean illness is avoided or caught early on.

Write a letter– Voicing thoughts out loud suddenly makes them more 'real' and being the first one to speak can be too difficult for many. Letters can be a great way to get around this. Write to your parent and leave it where they can read it. Or, write to your child, letting them know you are worried or want to know they are doing ok. This means not only that language can be chosen carefully to make the message clear, but reduces the chances of overwhelming the other person. Alternatives to this could be having an ongoing notebook in a certain place in the house, or passing notes like in a classroom!



Go on a walk or organise a family activity– Having big conversations face to face, can seem daunting, but have you noticed how much you talk when walking, driving or doing an activity together? Having that space to chat but without having to look straight at the person, can lessen the intensity and pressure to react in the 'right' way. Try making it a routine slot in your schedule or suggest it as a one off as a way of making contact.

Social Media– Similarly to hand writing a letter, chats on What's App, texting or even having a recognised emoji, can help to make a difference. Chatting through text, with a view to eventually try real conversation when both parties are ready, can be a great way to understand the other person. Similarly, if there are ongoing issues, suggest an emoji that can be sent to say "I am feeling overwhelmed, or stressed right now, please give me space to talk to you when I am ready"



Self-kindness from day to day

Physically

How do you care for yourself physically?
(e.g. exercise, take a warm bath)

Can you think of new ways you can try and
release tension and stress in your body?

Mentally

How do you care for your mind (e.g.
listen to music, read an inspiring book)

Is there a new way you can try and let
your thoughts come and go more easily?

Emotionally

How do you care for yourself emotionally?
(e.g. care for your pets, write a diary, bake
a cake or your favourite recipe)

Is there something new you'd like to try?

Relationally

When and how do you relate to others?
(e.g. meet with friends, play a sport,
attend a class)

Is there any other way you would like to
improve or enhance these connections?

Real moments of kindness From the York Mind team

"I was in my local shop the other day buying 3 things. The person in front of me waiting to be served looked at me, took a big step back and said "do you want to go in front of me, you only have a few things and I have a basket full". I thought it was so thoughtful, first to notice me and my few items, second to make the effort to speak to me and physically move for me to pass in front. Lots of smiles were exchanged and I was made up, and hopefully he felt good too"

Hazel, Staying OK Co-Ordinator

"Think of a friend and what you really appreciate about them. Then give that friend a call and tell them! (Text or email can be good for this, too.)

Now, imagine you are that friend, telling you what they really appreciate about you. Think about this in as much detail as you can, and really savour it. Maybe draw a picture or make a collage that will remind you."

Pam, Action Towards Inclusion Project Lead

"When my son died, I text a colleague very early from the hospital to let her know and asked her to inform my other colleagues. She did absolutely everything needed to sort things and more, with the Senior Managers, HR, the flowers, and previous colleagues too. It must have been a shock for her, but I'll never forget what she did."

Tricia, Volunteer

#YorkKindnessMatters - Share your moments online

Real moments of kindness From the York Mind team

"I don't drink alcohol now, due to some of the choices I made in my teens. One moment of kindness I will always remember from that time, was from when I had been on a night out with my friends in town, and found myself 'over-indulged'. I lost my footing and fell onto the pavement, and most of my friends didn't notice. My housemate Caz came back for me, picked me up and took me home, she then gave me a blanket and a cup of tea and sat with me watching TV for the next hour. It meant so much to me, because in a house of 5 people she was the person I knew the least."

Chris, Volunteer

"I've been performing different song requests online since the lockdown started, and I've just received an email from one of the requesters saying how much the music has helped him whilst recovering from a case of Coronavirus at home. I didn't even know he had been unwell. It just goes to show that even when you think nobody notices, your act of kindness could really make the difference to someone"

Holly, Fundraising Manager

#YorkKindnessMatters - Share your moments online

York Mind during COVID-19

We are an independent local mental health charity which aims to empower individuals experiencing mental ill health.

Despite advances in science and social understanding surrounding mental health, those experiencing it daily face discrimination, isolation and exclusion. We believe the condition should never define the person and our recovery model encompasses all aspect of our clients' lives: personal, social and professional.

Adult Services:

We support **adults** aged 18+ who are experiencing difficulties with their emotional wellbeing. During the period of social distancing, York Mind are offering the following services online or via telephone:

- **1-1 Emotional Support**
- **1-1 Coaching Sessions**
- **Online group activities (e.g Mindfulness, Managing Stress & Anxiety, Yoga, Creative Writing)**
- **Advocacy**
- **Counselling** (16-25 and 18+)
- **Mental Health Training Courses**
- **Action Towards Inclusion** (employability support)

Young Person aged 11 - 21?

Check out our **Text Drop-In**, phone **Mentoring & Online Groups** including Emotional Wellbeing, Mindfulness & Creative Writing



We are
still here



York

If you, or someone you know needs some support for mental health, York Mind is here to help.

We provide a range of **one-to-one** and **group activities** for people aged 11+, designed to help you manage your own mental health and recovery.

Anyone can submit a Self Referral – it is not a requirement that you visit your GP/Healthcare professional first (though we would recommend that you do visit them as well).

To submit a Referral Form, simply visit:

www.yorkmind.org.uk/refer

Getting
support
from
York Mind



Contact us:

01904 643 364

office@yorkmind.org.uk

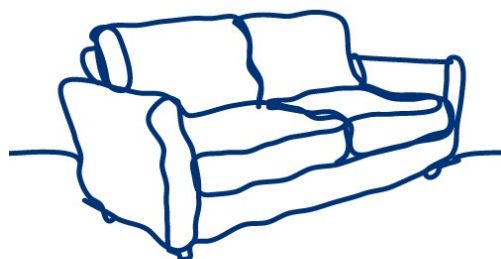
www.yorkmind.org.uk

Young People's Text Drop-In: **07483 167 930**



York

(Please note that York Mind is not a crisis service. If you are in crisis, you can call Samaritans on 116 123 or the NHS Crisis Service on 01904 610700)



1 in 4 of us will experience mental ill- health.

If you want to fundraise for York Mind and help continue our work, please consider a virtual fundraiser; especially now, when our income will be hit the hardest.

Video Conference Bingo

Write up some of the phrases most said, or things most seen in a group chat, and put them in a table. The first person to get them all shouts– BINGO! We have included one as an example but it doesn't have to be corporate themed. Think about what you and your friends commonly say and come up with some other examples! Ask them to make a donation to enter.

Virtual Exhibition

See if your friends or colleagues fancy a weekly art challenge! It'll be simple and you can use any art medium... crayons acceptable. Get your friends email addresses or set up a What's app group, issue a topic weekly and everyone has that week to produce a piece. They will then submit their art and at the end of the 4 weeks, everyone can get together for a virtual 'exhibition opening' with a glass of something to 'critique' the work! Ask for entry donations, and even auction off your pieces!





Craft Commissions

Gotten yourself in knots learning Macrame? Hone your newly found lockdown skills by asking your family and friends for a donation to commission something. Or better still, create something irresistible (who doesn't love a Cheesecake?) and auction it off to the highest bidder!

Virtual Pub Quiz

Use Skype, FaceTime or Google Hangouts to hold a virtual pub quiz. Set up a Just Giving page and ask your guests to make a donation to take part.

There are lots more ideas here

<http://www.yorkmind.org.uk/fundraising>

as well as how to register and submit offline donations.

Conference Call Bingo

Hi, who just joined?	Can you email that to everyone?	You're on mute	Uh... you are sharing your screen	You cut out, can you repeat that?
I'll have to get back to you	Is... on the call?	Sorry, go ahead	I think we're all on the same page	(sight of double chins or top half of heads)
Sorry I'm late	Can everyone see my screen?	(sound of someone typing furiously, possibly with a hammer)	Hit the ground running	Sorry guys, I've got to jump onto another call
Win-win	Sorry, I was on mute	(crying baby or barking dog)	I can't see anyone	 for better mental health <hr/> York

**MENTAL HEALTH
AWARENESS WEEK 2020**

Virtual

**BUCKET
COLLECTION**



York



**Monday 18th May -
Sunday 24th May**

If you can, please pop some pennies
in the virtual bucket and show your support
for better mental health in York

Donate securely on
Facebook Giving, Instagram Donate or
www.justgiving.com/yorkmind