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SCHOOL

*Engage  
Enable  
Empower*

# THOUGHT FOR THE WEEK

## Mental Health Awareness Week 2020





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# MENTAL HEALTH AWARENESS WEEK 2020

This is a week which is celebrated to recognise just how important it is to understand and address our mental health

Mental Health Awareness Week will take place from  
**18-24 MAY 2020**

The week is organised by the  
**MENTAL HEALTH FOUNDATION**



**To excel in all that we do so that everyone flourishes and achieves their full potential**



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# What is Mental Health Awareness Week?



**Mental health problems can affect anyone, at any time. We believe that mental health is everyone's business.**

So, for one week each May, we campaign around a specific theme for Mental Health Awareness Week.

Since our first Mental Health Awareness Week in 2001, we've raised awareness of topics like body image, stress and relationships.

Hundreds of schools, businesses and communities have started conversations around mental health that can change and even save lives.

The campaign reaches millions of people every year. This year, with your support, we want to reach more people than ever.



Mental Health  
Foundation

# WHO ORGANISES MENTAL HEALTH AWARENESS WEEK?

Mental Health  
Awareness Week  
is hosted by the  
**MENTAL HEALTH  
FOUNDATION**

Find out more about them  
by visiting their website:

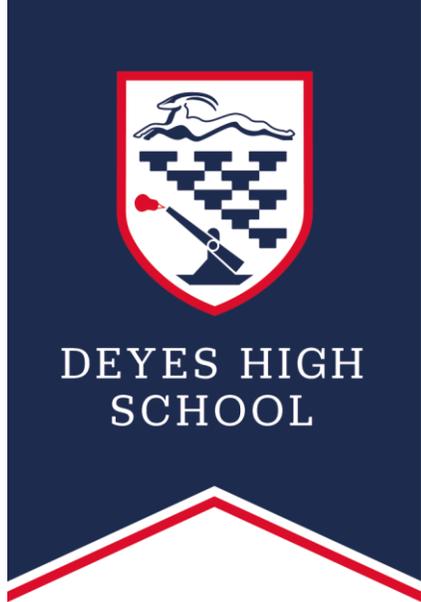
[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



The **Mental Health Foundation** works to prevent mental health problems.

We will drive change towards a mentally healthy society for all, and support communities, families and individuals to live mentally healthier lives, with a particular focus on those at greatest risk.

The Mental Health Foundation is the home of **Mental Health Awareness Week**.



## WHAT IS THE 2020 THEME?



The theme of 2020 is 'KINDNESS' and the hashtag is #KindnessMatters

Mental Health Foundation research shows that protecting our mental health is going to be central to us coping with and recovering from the coronavirus pandemic - with the psychological and social impacts likely to outlast the physical symptoms of the virus.

They want to use the week to explore the sort of society we would like to emerge from the coronavirus pandemic.



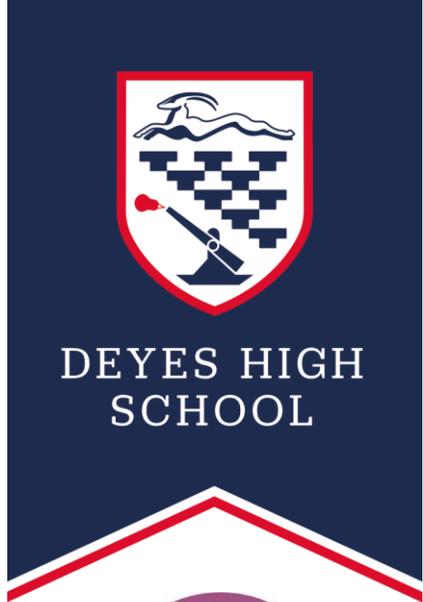
**Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference. We know from the research that kindness and our mental health are deeply connected. The research shows that kindness is an antidote to isolation and creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism.**



# EXAMPLES OF KINDNESS DURING LOCKDOWN

**GOOGLE  
'COVID-19  
RANDOM ACTS OF  
KINDNESS'  
FOR MORE  
INSPIRATION**





## WAYS TO GET INVOLVED

1. Reflect on an act of kindness. Share your stories and pictures (with permission) of kindness during the week using hashtag **#KindnessMatters** and **#MentalHealthAwarenessWeek**
2. Share your ideas on how you think we could build a kinder society that would support our mental health using **#KindnessMatters** and **#MentalHealthAwarenessWeek**
3. Use our resources in your family, school, workplace and community to join with thousands in practising acts of kindness to yourself and others during the week

Use any social media platform to do this, including Deyes Twitter account

VISIT HERE TO DOWNLOAD AND USE THEM

Make a cup of tea for someone you live with

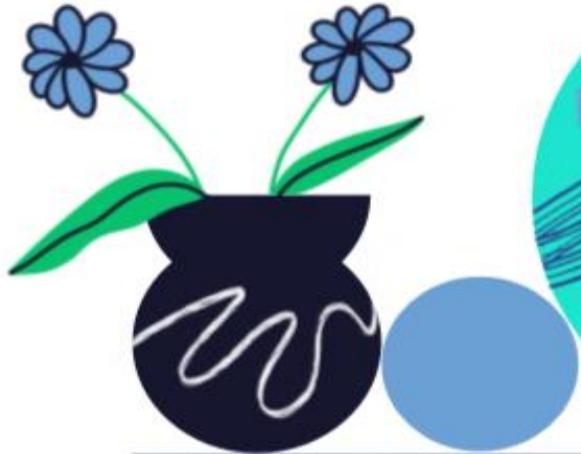


Help with a household chore at home



Spend time playing with your pet

Donate money to the Mental Health Foundation online: [mentalhealth.org.uk/donate](https://www.mentalhealth.org.uk/donate)



Call a friend that you haven't spoken to for a while



Tell a family member how much you love and appreciate them



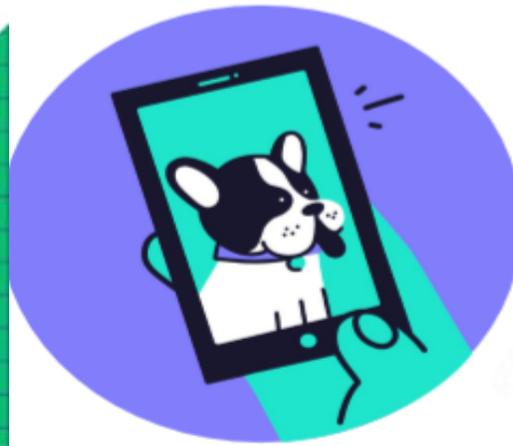
Arrange to have a cup of tea and virtual catch up with someone you know



Arrange to watch a film at the same time as a friend and video call



Tell someone you know that you are proud of them



Tell someone you know why you are thankful for them



Send a motivational text to a friend who is struggling



Send someone you know a joke to cheer them up

Send someone you know a picture of a cute animal



Send an inspirational quote to a friend



Send an interesting article to a friend



Send an inspirational story of kindness people around the world are doing for others to someone you know



Contact someone you haven't seen in a while and arrange a virtual catch up





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VISIT THE WEBSITE

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/why-kindness-theme>

## SPREADING THE WORD

No act of kindness is ever wasted. Please join in during this Mental Health Awareness Week and make kindness matter

The Mental Health Foundation are asking for anybody who participates in their Kindness Week to tag them on social media with messages and pictures of what you get up to:

 @mentalhealthfoundation

 @mentalhealth

 @mentalhealthfoundation



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Each week TFTW will look at a recent news article which affects you as students and members of society. If you have any suggestions or read any relevant or interesting articles, please speak to Mrs Richards to get them included.

## Greta Thunberg donates \$100,000 prize money to UNICEF for COVID-19 crisis

17-year-old Swedish climate activist Greta Thunberg has donated a \$100,000 prize she won from a Danish foundation to the United Nations Children’s Fund (UNICEF) for use against the COVID-19 pandemic, the world body said Thursday. “Like the climate crisis, the coronavirus pandemic is a child rights crisis,” Thunberg, 17, was quoted as saying in the UNICEF statement. “It will affect all children, now and in the long term, but vulnerable groups will be impacted the most,” she added. “I’m asking everyone to step up and join me in support of UNICEF’s vital work to save children’s lives, to protect health and continue education.” The Danish anti-poverty non-governmental organization, Human Act, will match the \$100,000 donation, the statement added.

UNICEF said the funds would give it a boost as it struggles to support children impacted by anti-virus lockdowns and school closures, particularly in the fields of “food shortages, strained health care systems, violence and lost education.” Thunberg said at the end of March that she had “likely” contracted the coronavirus, after experiencing several symptoms after a trip to central Europe. The Danish anti-poverty non-governmental organization, Human Act, will match the \$100,000 donation, the statement added.

According to a UN report launched earlier this month it was said, children have so far largely escaped the most severe symptoms of COVID-19 but the social and economic impact “is potentially catastrophic for millions of children.” It said COVID-19 is turning into “a broader child-rights crisis.” “All children, of all ages and in all countries, are affected,” it said. “However, some children are destined to bear the greatest costs.” Those badly hit will be children living in slums, refugee and displacement camps, conflict zones, institutions and detention centers and youngsters with disabilities, the report said. UN Secretary-General Antonio Guterres warned in a video statement launching the report that the coronavirus pandemic is putting many of the world’s children “in jeopardy” and urged families everywhere and leaders at all levels to “protect our children.”

**REMEMBER, GRETA THUNBERG IS DEYES HIGH SCHOOLS ‘GOOD’ 4G PATRON**

