What is Mental Health Awareness Week?

When: 15 – 21 May 2023

Mental Health Awareness Week is a chance to campaign, advocate and fundraise for mental health charities and normalize talking about mental health.

Actions you can take to support Mental Health Awareness Week:

- Check in on your loved ones and use our Little Tips to help you help them open up
- Try our practical coping ideas to see which ones work best for you
- Check out our self-help app to look after your own mental health
- Post about it – share posts from Samaritans and other mental health organisations on social media
- Check out the other resources in this toolkit to help you look after your community
- Fundraise – every £5 you raise has the power to answer a potentially life-saving call from someone struggling to cope.