

No. 266/2018

4 May 2018

Our Ref: P26/18

Mental Health Awareness Week (MHAW) 2018 - The Address Your Stress Toolkit:

To: All Branches

Dear Colleagues,

In just over a week the Mental Health Foundation will kick off Mental Health Awareness Week (MHAW), running 14-20 May. This year the campaign is leading with the theme of stress, asking the question, 'Stress: are we coping?' It will seek to highlight the impact stress has on us all, and the connection between stress and our health – both mental and physical.

The Address Your Stress Toolkit

To support the campaign, Mental Health First Aid (MHFA) England is today launching the [Address Your Stress Toolkit](#): a set of practical resources designed to help people better understand and manage stress.

This toolkit is free to download from the MHFA [campaign page](#) as of today, and includes infographics and shareable GIFs on stress and self-care, as well as a signature banner which can be added to your email signature to support the campaign.

During Mental Health awareness week, MHFA want to share experiences from across our community of Mental Health First Aiders, and in particular from MHFAiders ages 18-35. Whether you've got an inspiring story of supporting someone using your MHFA skills or simply want to share how MHFA training has helped you think about self-care and stress, MHFA want to hear from you! You can get in touch by emailing media@mhfaengland.org and their team will get back to you with some more information.

Get involved

MHFA want Mental Health First Aiders, in particular, to support the campaign and to make the most of the [Address Your Stress Toolkit](#) and Mental Health Awareness Week. The CWU Health Safety and Environment Department is joining with MHFA and therefore encouraging Reps to get involved with the campaign by sharing this resource with others in the Union as well as friends, family and colleagues.

Further LTBs on Mental Health Awareness Week will follow.

Yours sincerely



Dave Joyce
National Health, Safety & Environment Officer

