**Better Together Week**

**in association with**

**Mental Health Awareness week**

**9-15 May 2022**

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**Campaign**

This year the mental health foundation announced that the mental health awareness week theme is loneliness. The week is about raising awareness of the impact of loneliness on our mental wellbeing and what we can do to tackle this. “Reducing loneliness is a major step towards a mentally healthy society” (Mental health foundation).

In Redcar and Cleveland, we are fortunate to have a range of services and groups passionate about supporting the health and wellbeing of our resident’s. We invite you to raise awareness of the campaign and to highlight the proactive way’s we can support in being “better together”.

**Get Involved**

There are several ways to get involved in the upcoming week:



Mental Health Foundation is the main platform for the week. The website is full of tips, resources, and ways to get involved.

[Mental Health Foundation](https://www.mentalhealth.org.uk/?msclkid=a890c383c7c811ec9c40a4bb18da82bc)

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Every mind matters website has some useful links and resources which are free to use.

Loneliness - Every Mind Matters - NHS (www.nhs.uk)

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Public Health England have a range of resources, social media posts, posters, videos and more. Once you have signed up you can access a host of topics alongside this campaign.

[Campaign Resource Centre (phe.gov.uk)](https://campaignresources.phe.gov.uk/resources)

**Locally**

* **The R+C Mind Bus** will be visiting locations across the borough in conjunction with partners from Health Watch, RCBC Empowering Communities’ team, Tees Wildlife Trust and RCVDA. The bus will be raising awareness of the week and what people can connect with to support their mental health and wellbeing. A poster displaying the times/days and locations is available separately to this document. Please promote through your network channels.

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* **Wellbeing walks** have organised a walk on Sunday the 8th May to kick start the week off. Please support the walk in either joining in or promoting through your networks. A poster advertising the walk is separate to this document.
* **Follow the Feelgood pages** to catch up on what is happening

@FeelGoodEastCleveland

@FeelGoodGreaterEston

@FeelGoodRedcarandCleveland

Pop onto the FG pages to raise awareness of a group/activity you are either doing for the week or something that is a regular occurrence.

**Useful Links**

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**Better Together Week is supported by**

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