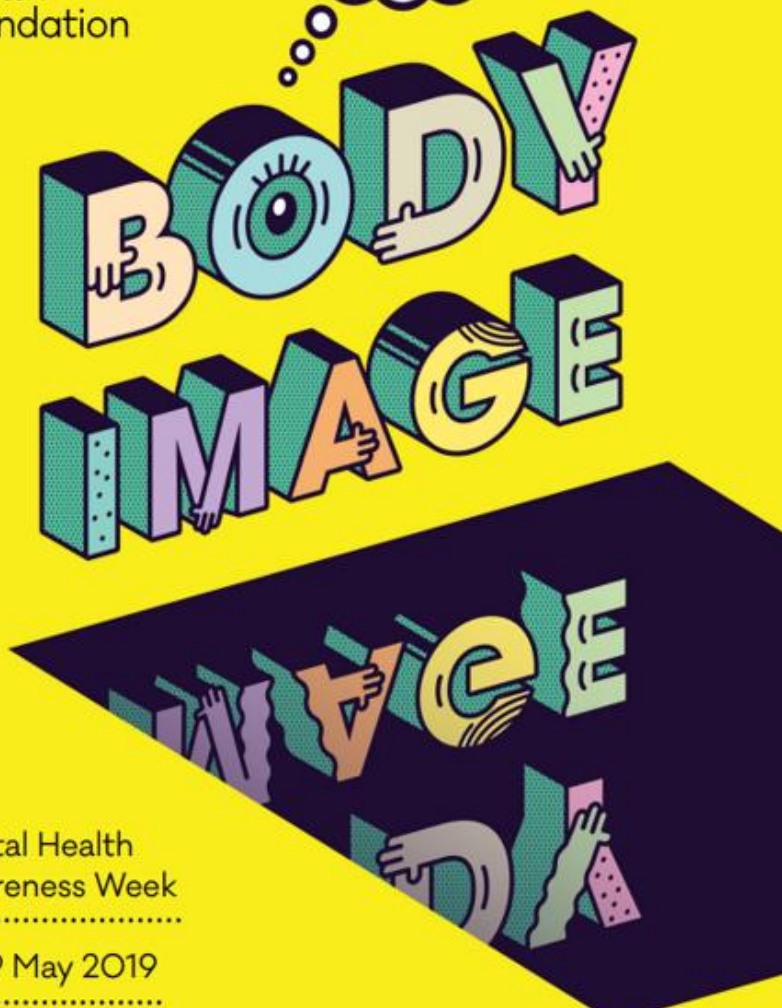




Mental Health Foundation

How we think & feel about our bodies



Mental Health Awareness Week

13-19 May 2019

mentalhealth.org.uk/mhaw

@mentalhealth

@mentalhealthfoundation

@mentalhealthfoundation

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 stress, relationships, loneliness, sleep, alcohol and friendship.

Hundreds of schools, businesses and communities have come together to start conversations around mental health that can change and even save lives.

This year, with your support, we want to reach more people than ever.

This year, we are focusing on Body Image – how we think and feel about our bodies.

Body image issues can affect all of us at any age. During the week we will be publishing new research, considering some of the reasons why our body image can impact the way that we feel, campaigning for change and publishing practical tools.

Find out more about the week:

mentalhealth.org.uk/mhaw



Last year we found that 30% of all adults have felt so stressed by body image and appearance that they felt overwhelmed or unable to cope*

For further information, advice and support please visit the healthpoint at Dr Grays Hospital

Or

Visit the Mobile Information Bus

Saturday 18th May 2019
10:30am – 4pm
Plainstones, High Street
Elgin

