

Nature

MENTAL HEALTH AWARENESS WEEK 10-16 MAY 2021

How can you be a part of Mental Health Awareness Week?

The theme for this year is **Nature**. During long months of the pandemic, millions of us turned to nature, and this year's aim is to encourage more people to connect with nature, which might be somewhere right on your doorstep.

Whether you do this on your own, with a friend or family member, the benefits from spending time in nature and incorporating this into your daily routine can be great!

Join in with Mental Health Awareness week by sharing your story or pictures (with permission) of connecting with nature using **#NatureBLMK** and **#MentalHealthAwarenessWeek**
#ConnectingWithNature

Contacts and links to additional support



Local Services

Bedfordshire Wellbeing Service - Offers a range of confidential talking therapies and specialist support
Tel: 01234 880400 tr.bedfordiapt@nhs.net [elt-](#)

Mind BLMK

Existing services replaced with phone and/or email support on
Tel: 0300 330 0648
hq@mind-blmk.org.uk

Kooth Online counselling for young people
www.kooth.com

Mental Health Crisis

If you or someone you know needs urgent mental health support you can -
[Call 111](#)
[Option 2](#)

Mind MK Crisis Café

Open 5-11pm, 7 days a week.
Tel: 01525 722225

Path to Recovery

Substance Misuse and Addiction Service Tel: 0333 332 4019 <https://www.nhs.uk/services/service-directory/path-2-recovery/N10871661>

Samaritans www.samaritans.org
Tel: 116 123 or email: jo@samaritans.org

Official Covid-19 Guidance

www.gov.uk/coronavirus
www.nhs.uk/conditions/coronavirus-covid-19/

Helplines

Samaritans www.samaritans.org
Tel: 116 123

Shout Crisis Text line

Text Shout to 85258

Our Frontline – support for frontline workers.
Text: FRONTLINE to 85258 or call 116 123 for a conversation with a trained volunteer
www.mentalhealthatwork.org.uk/ourfrontline

National Debt Line

– free and independent advice
Tel: 0808 808 4000 9am-8pm Monday-Friday or visit www.nationaldebtline.org

Useful Links

Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters/
From early September Every Mind Matters will provide information to support children and young people

Heads Up – men's mental health campaign
www.thisisheads-up.uk

Five ways to wellbeing
www.milton-keynes.gov.uk/5waysmk

See the Signs, Save a Life

<https://www.milton-keynes.gov.uk/health-and-wellbeing-hub/mental-health-and-wellbeing-looking-after-your-mental-health-and-wellbeing-during-coronavirus/see-the-signs>

Mind

www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

Mental Health Foundation

www.mentalhealth.org.uk/coronavirus/coming-out-of-lockdown

Age UK

www.ageuk.org.uk
Tel: 0800 678 1602 (8am-7pm))



Working together to improve the health and wellbeing of our communities