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Subject: Mental Health Awareness Week 13th - 19th May 2024 "Movement: Move more for our mental health"

Dear All,

This year's Mental Health Awareness week theme is "**Movement: Moving more for our mental health**". The week will take place between 13<sup>th</sup> – 19<sup>th</sup> May. See link for more details. [Mental Health Awareness Week | Mental Health Foundation](#)

The DCC Mental Health and Suicide Prevention Team have been developing some resources and an online map to promote the week.

How you can get involved:

The map can be viewed at this link. <https://bit.ly/MHPAMap>

There is already has over 200 outdoor activity groups & mental health groups listed, but if you have any other opportunities like **community gardens, outdoor or nature groups** that you are involved with we would love to hear about them. It is a live document that can be updated at any time and will continue to be populated and promoted after Mental Health Awareness week.

There is also opportunity to get some **outdoor banners to display** to promote awareness. If you have any outdoor space that you would like to display a banner then please get in touch. The banners will be approx. 150cm long x 80cm in height. These banners can stay up longer than just for MHAW and they will be provided for free.

The banners will be promoting the following themes:

- 1 hour of walking/ exercise a day can greatly improve your mental health.
- Spending time in nature has been found to help with mental health problems such as anxiety and depression.
- Connecting with others and meeting new people through exercise can improve and support good mental health.

DCC MH&SP resources, information & training can all be found here: [Mental Health & Suicide Prevention Information and Links](#)

**For any more information about getting involved, order a free banner, or to add to the map please contact Luke, [luke.oldham@derbyshire.gov.uk](mailto:luke.oldham@derbyshire.gov.uk)**

Thanks  
Lucy