

18th May, 2020

CELEBRATING KINDNESS THIS MENTAL HEALTH AWARENESS WEEK

Celebrating and promoting kindness is the key message during Mental Health Awareness Week.

Pembrokeshire County Council is proud to support the event which runs from today, Monday 18th May, to Sunday 24th May.

The Mental Health Foundation UK says this year's Mental Health Awareness Week could be its most important, given the ongoing coronavirus outbreak.

Protecting our mental health is going to be central to us coping with and recovering from the pandemic.

Now more than ever it is important that we look after our mental health and show kindness to one other.

The Authority is encouraging everyone to reach out and connect with others to offer support and kindness.

Small acts of kindness will help people to feel connected and that they are not alone, creating positive feelings and improving mental wellbeing.

Much more information on Mental Health Awareness Week can be found at <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Further information is available at <https://www.timetochangewales.org.uk/en/>