

## About Mental Health Awareness Week

Mental Health Awareness Week takes place each May to increase understanding of mental health and wellbeing across the UK.

At Oxfordshire Mind, it's a time to champion connection, promote kindness, and celebrate the many ways our teams build supportive communities - within our services and across the county.

This year's theme is Community - and it couldn't be more relevant. Whether you're based in one of our services, working remotely, or supporting our mission in another way, you're part of a team that believes no one should face a mental health problem alone.

## Five days. Five ideas.

This year, we've created a simple internal toolkit: five prompts to help spark conversation, reflect on wellbeing, and celebrate connection across Oxfordshire Mind.

Feel free to use these however suits your team - whether that's doing one per day, sharing ideas at team meetings, or simply encouraging a few small moments of community.

## Monday: Check in with a Whole Self MOT

Use our adapted My Whole Self MOT to take ten mindful minutes to check in with how you're feeling.

Print it off, use it in your team check-ins, or bring it to your next 1:1. It's a great starting point for honest, supportive conversations.

We'll share our Oxfordshire Mind version of the MOT in Teams > Resources & Training.

## Tuesday: Make a pledge

Make a personal or team pledge to build community at work.

Here are a few ideas to get you started:

- Commit to a regular "cuppa & chat" break with a colleague
- Start a WhatsApp group to share uplifting stories or photos
- Plan a walk-and-talk in your area
- Pledge to attend a training session on inclusive communication
- Volunteer to support an all-staff event

Share your pledge in your team channel or on the office noticeboard.

## Wednesday: Empower Half Hour

Take a 30-minute wellbeing break during the day - a gentle reminder that we all benefit from rest and reconnection.

Ideas include:

- Hosting a mindfulness moment
- Doing a short creative session together (drawing, journaling, music)
- Getting outside for a walk and talk
- Sharing your favourite podcast or playlist in Teams

Whatever works for you, do something that makes you feel good.

## Thursday: Spotlight our Mental Health Champions

Let's shine a light on our internal Mental Health First Aiders and Champions.

- Share their names and how they can support colleagues
- Post a thank-you message in the General Announcements channel
- Ask them to run a quick Q&A or drop-in

You can also highlight other ways people can get support, like our Reflective Practice sessions or the Employee Assistance Programme (EAP).

## Friday: Celebrate Community

Wrap up the week by celebrating the people who make you feel seen and supported at work.

- Share a shout-out on Teams or in person
- Reflect in your next team meeting: What does community mean to us?
- Add a message of thanks to a virtual or physical gratitude board

Use the hashtag #OxMindCommunity if you want to share something more widely - we'd love to see it!

## Join the movement

Let's show that mental health matters at Oxfordshire Mind - not just during one week in May, but all year round.

If your team does something special this week, we'd love to feature it in our internal newsletter or social media (with your permission).

Got photos or ideas to share?

[Email] Send them to: [communications@oxfordshiremind.org.uk](mailto:communications@oxfordshiremind.org.uk)