



TORRI-ENSO

MENTAL HEALTH AWARENESS WEEK



Introduction

As we step into Mental Health Awareness Week, it's a perfect time to pause, reflect, and redirect our focus towards the essence of mental well-being and life-balance. We honor Torri Enso's philosophy by celebrating this week with introspection, awareness, and empowerment.

Torri Enso, a philosophy that underscores the significance of life-balance, well-being, and life-empowerment, offers us a profound lens to view mental health. It encourages us to see our mental health as an integral part of our overall well-being, reminding us that nurturing our minds is as crucial as taking care of our bodies. It nudges us towards life-balance, the harmonious equilibrium between our work, relationships, personal goals, and mental peace. Taking control of our mental wellbeing brings strength. Seeking assistance and being supportive to those around us reinforces the power of life-empowerment.

Looking back, we acknowledge how far we've come in our understanding and addressing of mental health. We've broken down barriers, challenged stigmas, and built stronger, more compassionate support systems. We've refined therapies, conducted research, and created policies to protect mental health.

Yet, as we commemorate these advancements, we also acknowledge the journey that lies ahead. We strive to enhance our ability to identify those silently suffering, reach out to them, and provide the help they need. We strive to create open conversations about mental health and ensure accessible care for all.

As we move forward, let's carry the spirit of Torri Enso in our hearts. Let's strive for life-balance, prioritize our well-being, and empower ourselves and others. And in doing so, let's create a world where mental health is not just understood and accepted, but actively nurtured.



Welcome to Mental Health Awareness Week. Together, let's continue to make strides in mental health for ourselves and for those around us.

Statistics On Mental Health In the UK

The following information is for the period 29 September to 23 October 2022, based on adults in Great Britain..

Around 1 in 6 (16%) adults experienced moderate to severe depressive symptoms; this is similar to rates found in summer 2021 (17%), however higher than pre-pandemic levels (10%).

When comparing within population groups, prevalence of moderate to severe depressive symptoms was higher among adults who were economically inactive because of long-term sickness (59%), unpaid carers for 35 or more hours a week (37%), disabled adults (35%), adults in the most deprived areas of England (25%), young adults aged 16 to 29 years (28%) and women (19%).

Around 1 in 4 (24%) of those who reported difficulty paying their energy bills experienced moderate to severe depressive symptoms, which is nearly three times higher than those who found it easy to pay their energy bills (9%).

Around 1 in 4 (27%) adults who reported difficulty in affording their rent or mortgage payments had moderate to severe depressive symptoms; this is around two times higher compared with those who reported that it was easy (15%).

Nearly a third (32%) of those experiencing moderate to severe depressive symptoms reported that they had to borrow more money or use more credit than usual in the last month compared with a year ago; this is higher compared with around 1 in 6 (18%) of those with no or mild depressive symptoms.

Please note that while these figures provide a snapshot of the prevalence of mental health issues, the actual numbers may be higher due to underreporting and stigma associated with mental health.

Anxiety is the theme of Mental Health Awareness Week 2023

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food. But anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety

Modern Society and Its Impact on Mental Health

In our modern world, life moves at a relentless pace. The ever-increasing demands from work, the constant influx of information, and the societal pressure to always ‘stay connected’ have become staples of everyday life. As we strive to keep up, it’s crucial to pause and reflect on the toll this frantic lifestyle takes on our mental health.

May is a significant time in the UK as it marks the Mental Health Awareness Week—a beacon in the year for raising awareness and promoting dialogue about mental health. During this week, we’re reminded to slow down, to breathe, and to reassess our approach towards maintaining our mental well-being.

At the heart of this conversation is the philosophy of Torri Enso. A concept that emphasises life-balance, well-being, and life-empowerment, it offers valuable insights into how we can navigate our fast-paced society without compromising our mental health.

The Torment of the Fast-Paced Life

In the face of our societal obsession with productivity, the notion of taking a break, resting, or simply doing nothing is often perceived as a form of laziness or unambitiousness. Consequently, we’re driven to continuously push ourselves to the brink, neglecting the critical need for downtime and self-care.

This persistent pressure is a breeding ground for mental health issues, including anxiety, stress,



and depression. The World Health Organization has acknowledged this, declaring stress as the health epidemic of the 21st century. As we find ourselves always “on,” the importance of finding balance and nurturing our mental health cannot be overstated.

The Wisdom of Torri Enso

The philosophy of Torri Enso provides a fresh perspective in our approach to life and well-being. It encourages us to seek balance in all aspects of our lives. In an environment that often prioritises work above all else, Torri Enso pushes us to reassess our priorities, emphasising the importance of nurturing relationships, pursuing passions, and investing in self-care.

Furthermore, it urges us to proactively foster well-being, not just as an absence of illness, but as a state of overall flourishing and fulfilment. This holistic approach to well-being encourages us to engage in practices that nourish the mind, body, and spirit.

Finally, Torri Enso champions life-empowerment. It promotes the idea of taking control of our lives, of making choices that align with our personal values and not just societal expectations. It's about shaping our own narratives, and in doing so, developing resilience and a sense of purpose.

Embracing Mental Health Awareness Week

Mental Health Awareness Week presents an opportunity to put the principles of Torri Enso into practice. It's a time to reassess our approach to work, to re-evaluate our priorities, and to foster practices that enhance our well-being.

It's a reminder to embrace the idea of balance—not just in our professional and personal lives, but also in our mental states. It prompts us to ask ourselves if we're spending as much time nurturing our mental health as we are our physical health.

Moreover, it's a call to engage in self-empowerment—to take charge of our mental health, to learn to say no when needed, and to make decisions that enhance our well-being

In Conclusion: A Call to Slow Down


As we navigate the fast-paced waters of our society, let's remember to take a step back, to breathe, and to care for our mental health. As we celebrate Mental Health Awareness Week, let's aim to integrate the principles of Torri Enso into our lives.

Let's strive for balance.

Unmasking Mental Health and Its Manifestations in Today's World"



In an era marked by rapid change and constant connection, our understanding of mental health is evolving at an unprecedented pace. Long shrouded in stigma and misunderstanding, mental health issues have now emerged into the light of societal awareness, prompting critical conversations around their causes, impacts, and interventions.



Today, we recognise mental health as an integral part of overall well-being, not merely the absence of mental illness. We acknowledge that mental health conditions, much like physical ones, are part of human experience—they are not character flaws or signs of weakness. They can affect anyone, irrespective of age, gender, or socio-economic status, and they manifest in diverse ways, from changes in thought patterns and emotional states to shifts in behavior and physical health.

Join us as we delve into the complex landscape of mental health today, exploring its many faces and the progress we're making in understanding and addressing it. In this journey of awareness and acceptance, we'll discover how empathy, knowledge, and action can empower us to build a world that nurtures mental well-being for all.

Case of Scenarios and the actions and Steps Taken to Help Those in Need

In all these scenarios, the key stages of awareness are similar: noticing changes in behavior, recognizing these changes as potential signs of mental health issues, expressing concern and offering support, and encouraging the individual to seek professional help.

It's important to approach these situations with empathy and without judgment, respecting the individual's feelings and experiences.

Scenario 1: Workplace Stress

An employee, John, has been working long hours for several weeks. He's been missing deadlines, seems constantly tired, and has become withdrawn from his colleagues.

Identification: John's coworkers and manager notice his behavior change and the decrease in his work performance. They recognize these as potential signs of excessive stress or a possible mental health issue like depression or anxiety.

Action Steps: John's manager schedules a private meeting with him to express concern and offer support. They discuss potential adjustments to his workload or schedule and share resources provided by their employer for mental health support, like an Employee Assistance Program (EAP). John is encouraged to seek professional help.

Awareness Stages: Noticing changes in behavior, decreased performance, and withdrawal are key indicators that someone may be dealing with mental health issues.

Scenario 2: Changes in a Student's Behaviour

A high school student, Emily, who is typically outgoing and high-achieving, suddenly starts missing school, her grades drop, and she seems disinterested in her usual activities.

Identification: Emily's teachers and parents notice these significant changes. They're aware that such changes may suggest a mental health issue, such as depression or an anxiety disorder.

Action Steps: Emily's parents arrange a meeting with her school counselor, who talks to Emily about her feelings and experiences. The counselor suggests they seek out a mental health professional, like a psychologist or psychiatrist, for further evaluation and potential treatment.

Awareness Stages: Significant changes in academic performance, attendance, and interest in previously enjoyed activities can all be signs of mental health challenges in adolescents

Scenario 3: Social Media Indicators

A young adult, Liam, has been posting concerning content on social media, including expressions of hopelessness and loneliness.

Identification: Liam's friends notice the changes in his posts, recognizing that expressions of hopelessness and frequent discussions about feeling isolated may indicate mental health issues such as depression or suicidal ideation.

Action Steps: One of Liam's friends reaches out to him directly, expressing concern and suggesting that he reach out to a mental health professional. They also contact a trusted adult who knows Liam personally, sharing their concerns so that this adult can check in with Liam as well.

Awareness Stages: Changes in the tone of social media posts, especially those expressing feelings of hopelessness, loneliness, or despair, can be a sign that someone is struggling with their mental health.

Understanding Mental Health Across the Lifespan: Key Findings and Insights

Mental health is a lifelong journey. It begins in infancy, evolves throughout childhood, and continues to be a critical aspect of our health and well-being into adulthood and older age. Recent research has shed light on the unique mental health challenges and needs across different age groups. Let's explore these findings and what they mean for understanding and addressing mental health across the lifespan.

Under 10s: The Formative Years

Childhood is a critical period for mental health. Recent research suggests that half of all mental health conditions appear by the age of 14, often manifesting much earlier. In children under 10, common issues include ADHD, anxiety disorders, and behavioural problems.

Promoting good mental health in early childhood involves fostering secure attachments, encouraging emotional expression, and teaching coping skills. Early identification and intervention are crucial, with therapies such as play therapy, cognitive-behavioral therapy (CBT), and family interventions proving effective.

Under 18s: Adolescence and Mental Health

Adolescence is a period of significant biological, psychological, and social changes. These changes, combined with increased academic and social pressures, can make adolescents particularly vulnerable to mental health issues such as depression, anxiety, eating disorders, and self-harm.

Early intervention and support at home and in schools are key. School-based mental health programs, peer support initiatives, and access to youth-friendly mental health services can play a crucial role in promoting adolescent mental health.

physical health issues, and bereavement, which can impact their mental health.

Common mental health issues in this age group include depression, anxiety, and dementia. However, these are not a normal part of aging, and timely support and intervention can improve outcomes. Age-friendly mental health services, community programs, and interventions to tackle loneliness can help promote mental health in older age.

Conclusion

Understanding the unique mental health needs at different life stages is crucial for developing targeted strategies and interventions. From promoting secure attachments in early childhood to providing age-friendly mental health services for older adults, a life-course approach to mental health can help ensure that everyone gets the support they need, when they need it..

Under 25s: Young Adulthood and Mental Health Transitions

Young adulthood is a time of significant life transitions, including leaving school, starting work, or moving out of the family home. These transitions can be stressful and may increase the risk of mental health problems. In fact, 75% of mental illnesses begin before the age of 24.

Common mental health issues in this age group include depression, anxiety, and substance use disorders. Tailored interventions, such as university mental health services, young adult mental health programs, and digital mental health resources, can provide critical support.

Under 40s: Middle Adulthood and Work-Life Balance

Middle adulthood often brings a unique set of stressors, including career pressures, family responsibilities, and financial stress. These can contribute to mental health issues such as depression, anxiety, and burnout.

Workplace mental health initiatives, including flexible work arrangements, mental health days, and employee assistance programs, can help support mental well-being in this age group. Moreover, promoting work-life balance and stress management skills can help protect against mental health issues.

40 and Above: Later Life and Mental Health

While often overlooked, mental health remains a crucial issue in later life. Older adults can face unique challenges, including retirement,



Supporting Services To Help Those In Need

In the UK, there are numerous services and resources available for those struggling with mental health issues. Some of these include:

NHS Mental Health Services: The National Health Service offers various mental health services, including talking therapies, cognitive behavioral therapy (CBT), and medication. Referrals can be made by a GP, or in some cases, individuals can self-refer.

Mind: A leading mental health charity in the UK, Mind provides advice and support to empower anyone experiencing a mental health problem. They offer a wide range of information on their website, helplines, and local Mind services, such as counseling and therapy.

Samaritans: Available 24/7, Samaritans provide confidential emotional support for people experiencing feelings of distress or despair, including those which could lead to suicide. They offer a safe place to talk any time you like, in your own way.

Rethink Mental Illness: This organization provides expert, accredited advice and information to everyone affected by mental health problems, along with local group and service support across England.

YoungMinds: A UK charity dedicated to improving the mental health of children and young people. They offer resources for parents, professionals, and young people themselves.

CALM (Campaign Against Living Miserably): Aimed particularly at men under 45, CALM offers a helpline for men in the UK who are down or have hit a wall for any reason.

SANE: Provides emotional support, guidance, and information to anyone affected by mental illness, including families, friends, and carers.

Time to Change: A social movement aiming to change the way people think and act about mental health problems. They provide resources and personal stories

Anxiety UK: A charity providing support for those suffering from anxiety disorders, including resources, therapies, and a dedicated helpline.

No Panic: A registered charity which helps people who suffer from panic attacks, phobias, obsessive compulsive disorders, and other related anxiety disorders.

Remember, if you or someone else is in immediate danger, it's important to call emergency services right away.

Mental health is a complex spectrum

Mental health is a complex spectrum encompassing different levels of severity and types of conditions. The type and intensity of help required can vary significantly depending on the individual's situation. Here are some general levels of mental health with associated types of help:



Mild Mental Health Issues: These might include temporary stress, mild anxiety, or a brief period of low mood. People at this level might benefit from self-help strategies like regular exercise, a healthy diet, adequate sleep, mindfulness, or using online resources. Speaking to a trusted friend or family member can also be helpful. Some may benefit from short-term counselling or cognitive-behavioural therapy (CBT).

Moderate Mental Health Issues: This level might include chronic stress, moderate depression, anxiety disorders, or mild forms of conditions like bipolar disorder. Individuals may need professional help such as psychotherapy or counselling, possibly combined with medication. Group therapy, support groups, and self-care practices can also be beneficial.

Severe Mental Health Issues: This encompasses severe depression, severe anxiety disorders, schizophrenia, severe bipolar disorder, and other serious conditions. Comprehensive treatment usually involves a multidisciplinary team, including a psychiatrist, psychologist, and possibly other professionals like social workers or occupational therapists. Treatment may involve long-term psychotherapy, medication management, and sometimes hospitalisation. Community support programs, vocational rehabilitation, and supported housing might also be part of the care plan.

Crisis Situations: This level includes active suicidal ideation or attempt, severe self-harm, psychosis with a risk of harm to self or others, or severe, debilitating mental health conditions. In these situations, immediate intervention is necessary. This could involve calling a crisis hotline, going to a hospital emergency department, or contacting a community mental health crisis team. Inpatient care may be needed.

It's important to note that everyone's experience with mental health is unique, and the right type of help depends on the individual's specific symptoms, overall health, circumstances, and preferences. Mental health services should

always be delivered in a person-centred manner, taking into account the individual's unique needs and preferences. If you or someone else is in immediate danger, it's important to call emergency services right away.

The Evolution of Mental Health Awareness

Over the past thirty years, the way we perceive, discuss, and address mental health has undergone a significant transformation. The UK, in particular, has seen considerable shifts in attitudes and practices surrounding mental health. From greater public awareness to improved care services, our society has made vital strides towards acknowledging and addressing mental health issues. Let's take a look at this journey and what the future might hold.

The Past: Stigma and Silence

Three decades ago, mental health was a largely misunderstood and stigmatised subject. Discussions around mental health issues were often swept under the rug, and individuals suffering from mental health conditions were frequently misunderstood, marginalised, and, in many cases, ostracised.

Access to mental health services was limited, and treatments often focused more on medication and institutionalisation rather than holistic, patient-centred care. The lack of understanding and awareness about mental health contributed to a culture of silence and neglect.

The Present: A Shift Towards Understanding and Empathy

The turn of the century brought with it a gradual shift in attitudes towards mental health. Campaigns like Time to Change started to dismantle the stigma surrounding mental health, prompting conversations and increasing public understanding. High-profile figures, including celebrities and members of the royal family, began openly discussing their mental health struggles,

which further contributed to reducing stigma and promoting dialogue.

Within the healthcare system, the approach to treatment evolved from a primarily medical model to a more holistic, biopsychosocial model. This approach considers the complex interplay of biological, psychological, and social factors in mental health. The NHS increased its mental health funding and widened the range of services offered, including talk therapies, community mental health teams, and crisis services.

In the legislative arena, the introduction of the Equality Act 2010 offered greater protections for people with mental health conditions, making it illegal to discriminate based on mental health in the workplace and in wider society.

The Future: Optimism and Challenges

Looking ahead, there are reasons to be optimistic. The increased understanding and acceptance of mental health point towards a future where mental health is given equal importance to physical health, a concept often referred to as 'parity of esteem.' Digital technology promises new avenues for mental health support, including teletherapy, mental health apps, and online support groups.

However, challenges remain. Despite advancements, mental health services are often overstretched, and many people still face long waiting times for treatment. Moreover, certain groups, including ethnic minorities and individuals from lower socio-economic backgrounds, face disparities in access to mental health care.

The future of mental health in the UK lies in continuing the fight against stigma, investing in mental health services, and ensuring equitable access to care. Mental health awareness and understanding have come a long way in the past thirty years, but our journey towards a society that

fully acknowledges and addresses mental health is far from over. The progress we've made serves as a reminder of what we can achieve and a call to action for the work that still lies ahead.



Mental Health Awareness Week Shining a Light on Anxiety

The world has been and continues to be, a fast-paced arena, constantly evolving and demanding high levels of adaptability from its inhabitants. With the advent of technology, the pace of life has accelerated, making way for new complexities. Among these complexities, anxiety stands out as an exceedingly prevalent issue, a major concern that forms the core of Mental Health Awareness Week in the UK. This is an annual event aimed at promoting understanding, awareness, and empathy towards the many faces of mental health, including anxiety.

Anxiety, as an aspect of mental health, is not a new phenomenon. It is a natural part of the human condition and a mechanism hard-wired into us, a tool evolution gave us to respond to potential threats. However, in today's society, this once life-saving response has become, for many, a source of persistent distress, disrupting not only personal life but also overall societal well-being.

Understanding Anxiety

To understand anxiety's role in today's society, it is vital to first comprehend its nature. Anxiety is characterised by excessive worry, fear, and a sense of impending doom, typically about future events. These feelings can become so overwhelming that they interfere with an individual's ability to function effectively in day-to-day life.

The prevalence of anxiety disorders has risen significantly in recent years. According to the Mental Health Foundation in the UK, nearly one in five people experienced feelings of anxiety in the last week. This statistic reflects a substantial portion of the population grappling with this issue, demanding attention and understanding from all sectors of society.

Anxiety and Its Impact on Individual Well-being

On an individual level, anxiety can be crippling. It can cause physical symptoms such as heart palpitations, sweating, trembling, or gastrointestinal problems. Mentally, it leads to restlessness, difficulty concentrating, and insomnia, all of which significantly affect one's quality of life.

Moreover, chronic anxiety has been linked to various health problems. These include heart disease, respiratory disorders, and gastrointestinal conditions, to name a few. The constant state of worry and stress puts enormous strain on the body, leading to wear and tear that impacts overall physical health.


Anxiety in the Societal Context

The implications of anxiety go beyond the individual level and seep into the societal fabric. It impacts productivity, relationships, and the economy. The World Health Organization estimates that anxiety and depression cost the global economy an estimated \$1 trillion per year in lost productivity.

In the workplace, anxiety can lead to absenteeism, decreased job performance, and lower job satisfaction. This not only affects the individual's career trajectory but also the overall productivity and effectiveness of organisations. At home, anxiety can strain relationships, leading to increased familial discord and less cohesive communities.

The Digital Age and Anxiety

In today's digital age, anxiety has found new breeding grounds. Social media, a significant part of many people's lives, has been linked to increased anxiety levels. The constant exposure to other



people's curated lives can lead to feelings of inadequacy and social isolation. Cyberbullying and online harassment, prevalent issues in the digital world, can also contribute to heightened anxiety.

Moreover, the 'always-on' culture that technology promotes can lead to work-related stress and anxiety. The expectation to always be available and responsive can blur work-life boundaries, resulting in burnout and anxiety.

Anxiety, characterized by persistent and excessive worry, is a prevalent mental health disorder affecting millions worldwide. In the UK, it is estimated that 1 in 6 people grapple with a common mental health issue like anxiety each week. Anxiety is a significant concern due to its detrimental impact on individuals' physical, mental, and social well-being.

Physically, chronic anxiety can cause symptoms like headaches, muscle tension, and insomnia, and increase the risk of chronic diseases. Mentally, it can impair cognitive functions, contribute to other mental disorders like depression, and increase substance abuse risk. Socially, anxiety can lead to isolation and decreased life satisfaction due to fear of judgment and social withdrawal.

As society becomes increasingly digital and fast-paced, factors such as social media, societal pressures, and global crises, such as the COVID-19 pandemic, have exacerbated anxiety levels. This has made understanding and addressing anxiety more critical than ever.

Mental Health Awareness Week in the UK serves as an important platform to bring the conversation around mental health, including anxiety, into the mainstream. This annual event aims to challenge stigma, encourage open conversations about mental health issues, and promote help-seeking behavior. With each year

focusing on a specific theme, the event fosters understanding, debunks misconceptions, and advocates for better mental health services and policies.

In conclusion, anxiety is a widespread and potentially debilitating condition. Greater awareness, understanding, and discussion of anxiety, particularly during events like Mental Health Awareness Week, are vital for promoting mental well-being in our society.

Threads of Love: A Journey Through Mental Health

In a world where shadows silently creep,
Where mental anguish runs deep,
A parent's soul beset by despair;
A child, now grown, offers tender care.

Invisible battles waged within the mind,
A labyrinth of thoughts they seek to find,
Yet I, with love and understanding heart,
Embrace your struggles, never to depart.

From fragile moments to stormy weather,
I'll navigate the maze we face together,
To shield your heart from the darkest days,
And hold you close in love's gentle embrace.

In this dance of emotions, we find release,
Navigating pain, offering solace and peace,
For you, my parent, who nurtured my growth,
I return the love, in times both high and low.

Through countless nights and dawning morns,
I'll be the rock on which your worries are borne,
With empathy as our guiding light,
We'll brave the depths and scale new heights.

Though the road may twist, veer, and sway,
In your corner, steadfast, I'll always stay,
For the love you gave me in my youth,
Now manifests in care, unwavering and truth.

In society's tapestry, we'll redefine,
The perception of strength, the essence of kind,
For mental health is not a mark of shame,
But a journey we embark on, without blame.

I'm grateful for the lessons you taught,
When darkness loomed and battles were fought,
Now, it's my turn to lend a healing hand,
To help you rise and courageously stand.

Through therapy's embrace and medicine's might,
We'll chase away the shadows, bring back the light,
With patience, compassion, and unyielding love,
We'll conquer the demons that dwell above.

For you, my parent, though pain may reside,
Within your spirit, hope won't be denied,
And in this union of hearts, we will find,
Strength to heal, together, entwined.

No stigma shall define the love we share,
A testament to compassion and care,
With gratitude I stand, side by side,
With you, my parent, on this healing ride.

In this modern world, let's rewrite the story,
Shattering silence, embracing glory,
For you are not alone, nor shall you be,
For I am here, your sanctuary.

So let the world bear witness to our plight,
And champion the cause with all their might,
For love transcends the battles we face,
And through it all, we'll find our grace.



Torri Enso Proud To Support Mental Health Awareness Week

This Mental Health Awareness Week, Torri Enso is proud to reiterate a steadfast commitment to supporting individuals in their pursuit of mental health wellness. We understand that mental health is a complex spectrum, and each individual experiences unique challenges.

Torri Enso's life-balance, well-being, and life-empowerment methods are designed to help people overcome not just anxiety, but a range of mental health concerns. These include but are not limited to depression, stress, PTSD, and various mood disorders. Torri Enso's aim to foster resilience, promote positive mental health, and empower individuals to take control of their mental well-being.

At Torri Enso, we believe that balance is key to mental wellness. Our life-balance methods focus on helping individuals find harmony across all areas of life, from work and family to personal growth and leisure.

Our well-being initiatives, on the other hand, take a holistic approach, integrating physical, mental, and emotional health. We aim to encourage self-care practices, promote healthy habits, and help individuals identify and manage stressors effectively.

Finally, our life-empowerment methods are designed to help individuals harness their inherent strengths and build a positive self-image. We provide solutions and resources to help individuals tap into their potential, boosting their confidence and fostering a sense of self-worth.

As we commemorate Mental Health Awareness Week, we invite everyone to focus on well-being and learn more about mental health, break down stigmas, and promote a healthier, happier world. At Torri Enso, we are here for you, committed to empowering you on your journey to mental wellness.

Mental Health Foundation

Since 1949, the Mental Health Foundation has been the UK's leading charity for everyone's mental health.

Their vision is for a world with good mental health for all. With prevention at the heart of what they do, they aim to find and address the sources of mental health problems so that people and communities can thrive.

They drive change towards a mentally healthy society for all, and support communities, families and individuals to live mentally healthier lives, with a particular focus on those at greatest risk.

The practical things they do:

Community and peer programmes: we test and evaluate the best approaches to improving mental health in communities and then roll them out as widely as possible.

Research: we publish studies and reports on what protects mental health and the causes of poor mental health and how to tackle them.

Public engagement: we give advice to millions of people on mental health. We are most well known for running Mental Health Awareness Week across the UK each year.

Advocacy: we propose solutions and campaign for change to address the underlying causes of poor mental health.

Visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk) to find out more



"A BETTER LIFE FOR BUSY LIVES"

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#ToHelpMyAnxiety

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