



TORRI-ENSO

MENTAL HEALTH AWARENESS

WEEK 2024



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

As of early 2024, mental health statistics in the UK offer a mixed picture of progress and continued challenges. Key findings from various sources highlight:

Service Usage: *In January 2024, 1.89 million people were in contact with mental health services in the UK. This number includes over 1.2 million in adult services and around 460,000 in children and young people's services. Over 259,000 individuals were engaged with learning disabilities and autism services (NHS England Digital).*

Mental Health Referrals: *There were 444,131 new referrals to mental health services and 2.18 million care contacts attended during January 2024 alone (NHS England Digital).*

Detentions under Mental Health Act: *The number of people subject to the Mental Health Act was significant, with 22,057 individuals affected, including 16,569 detained in hospitals as of the end of January 2024 (NHS England Digital).*

Public Perception: *A survey of 2,000 UK adults revealed diverse perceptions of personal mental health: 15.5% described their mental health as bad or terrible, while 28% rated it as good and a further 20% as great. Interestingly, 10% described their mental health as excellent, the best it's ever been (Forth).*

Gender Differences: *The same survey highlighted a disparity between genders, with 18.5% of women reporting poor mental health compared to 12.5% of men. Men were almost twice as likely to report their mental health as excellent compared to women (Forth).*

Impact of External Factors: *The broader context of 2024, including global political tensions and climate concerns, has influenced public mental health, increasing stress and anxiety among the UK population. These external stressors have had notable effects on mental health, contributing to broader societal stress and individual mental health challenges (Kind Mind).*

These statistics underscore the complexity of mental health issues in the UK, reflecting both ongoing struggles and areas of engagement where interventions are making an impact.

Health Awareness Week 2024 - "Why movement matters"

This year Mental Health Week 2024 focuses on a crucial aspect of mental wellness that resonates with our physical selves. It's well-established that staying physically active is not only beneficial for our bodies but transformative for our minds.

Studies have shown the exercise reduces symptoms of anxiety and depression. More than just mood enhancers, physical activities serve as pivotal preventative measures against a range of physical illnesses, which are unfortunately more prevalent and often more severe in individuals living with mental health conditions. Shockingly, those with mental health issues have a life expectancy that is, on average, 20 years shorter than the general population, predominantly because of preventable physical ailments such as diabetes, heart disease, and various cancers.

Their research has compellingly shown that 56% of individuals report regular physical activity as a significant factor in managing stress and averting burnout.

13 to 19 May 2024


Mental Health
Awareness Week

The 2024 theme is...

Movement



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.

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,

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.



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 Move Your Way

It is important to broaden our understanding of what makes up physical activity. Typically, when we think of exercise, images of high-intensity activities like running or gym workouts often come to mind. However, movement encompasses much more than just these vigorous forms of exercise.

Defining Movement

Movement refers to any physical activity that requires you to burn energy, regardless of the intensity. This can relate to simple daily tasks, such as walking to the shops or gardening. We can also consider more vigorous activities like jogging, swimming, or playing sports. The key is that any form of movement counts towards improving health and well-being.

Studies show that movement and physical activity helps our mental health by:

- Managing stress
- Improving our mood
- Improving sleep
- Improving self-esteem
- Reducing anxiety
- Encourages us to set and achieve goals
- Meeting new people
- Slowing cognitive decline.

Move Your Way

Movement doesn't have to involve traditional or costly activities like gym workouts, marathons, or team sports. It can be incorporated into our daily routines in simple, affordable ways.

Consider alighting from the bus one stop earlier to add a short walk to your day, transforming a standard one-on-one meeting into a walking meeting, pushing your child on a swing after school, or dancing in your kitchen while making dinner.

These activities show that movement is versatile and can be adapted to fit into our lives naturally and enjoyably.

Overcoming Barriers to Movement

Various barriers can make movement difficult, such as low energy, lack of confidence, or financial constraints. Recognising that these obstacles can affect anyone is important, and being overly critical of oneself only adds unnecessary stress.

Here's an overview of common barriers to physical activity and some strategies to overcome them:

Acknowledging and Accepting Barriers:

Understand that it's normal to face challenges that may impede your ability to be active. Acknowledge these barriers without judgment and consider what might be feasible for you personally to overcome them.

Identifying Personal Solutions: Different strategies work for different people. Whether it's finding more affordable ways to exercise, seeking motivation from friends or family, or finding activities that boost your energy levels, tailor your approach to fit your specific needs and circumstances.

Change Your Commute: Consider active alternatives to your usual travel methods. For instance, cycle instead of driving, or if you use public transport, disembark a stop early to incorporate walking. These minor changes can significantly increase your daily activity levels.

Incorporate Activity into Leisure: Make use of your leisure time by integrating physical activities. For example, try stair climbing or engaging in wall pilates while watching TV. If you have meetings, suggest making them 'walk-and-talk' sessions to blend work with movement.

Plan for Physical Activity: During your weekly scheduling, identify a consistent 10-minute slot each day dedicated to exercise. Communicate this plan with your family and friends to ensure they support and respect your commitment. If finding time is difficult, consider waking up a bit earlier to fit in these activities.

Seeking Professional Guidance: It's essential to consult with healthcare professionals like your doctor, physiotherapist, or a personal trainer when considering physical activity, especially if you have physical health conditions or disabilities. They can recommend safe, low-impact exercises that accommodate your specific needs without risking further injury or discomfort.

Importance of Preparation: Proper warm-up and cool-down routines are crucial, particularly if you're recovering from an injury. Start with gentle stretches and low-impact activities to prepare your muscles. Remember to include regular breaks in your exercise routine to prevent overexertion.

Customising Your Activities: Tailor your physical activities to fit your individual health status, age, motivation, and abilities. For instance, if you're dealing with muscle strain, consider swimming to minimise impact. Alternatively, focus on exercising parts of your body that are not affected by your injury, gradually increasing intensity as your condition allows.

Pacing and Self-Compassion: It's important not to overdo it. Pushing yourself too hard can lead to setbacks, potentially resulting in prolonged inactivity. Pace yourself, take necessary breaks, and be forgiving if you need to scale back your activities. Engaging in some level of activity is better than none.

Building Healthy Habits: Energy levels can be significantly affected by your diet and sleep patterns. Consider evaluating your diet to ensure you're getting the nutrients, and aim for adequate sleep to help your body recover and restore itself physically and mentally.

By addressing these barriers thoughtfully and proactively, you can incorporate more movement into your life, enhancing both your physical and mental health.

Shakira Akabusi OCD, Motherhood and Recovery



“Movement can do wonders for our mental well-being. It always makes my day better, it helps me manage stress when everyday life can be so busy.”

Getting outside for a bit of exercise helps to lift my mood, improve my sleep and boost my energy levels. Helping me feel more ready to take on the day.”

[READ HER STORY](#)



Mental Health UK brings together the heritage and experience of four charities from across the country who have been supporting people with their mental health for nearly 50 years.

Working UK-wide, they deliver both national and local services that enable and empower people to understand and manage their mental health in a person-centred and empathetic way. With their local service delivery and national expertise in supporting people whose lives are affected by mental health problems, they have been able to mark a significant footprint in the areas that deeply challenge our mental health and stability.

Mental Health UK provides support and services for some of the biggest societal challenges that pose a threat to people's mental health, including:

- Money problems
- Understanding mental health
- Loneliness and isolation
- Resilience in young people

Mental Health UK aim is to continue in their support until everyone has the tools they need to live their best possible life. The task ahead of is quite clear.



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 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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Mental Health Awareness Week

The 2024 theme is...

Movement



DONATE

<https://www.mentalhealth.org.uk/get-involved/ways-donate>

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