

# Mental Health Awareness Week 2022 toolkit

Mental Health Awareness Week takes place this year from 9th May to 15th May, and schools and colleges across the UK will be thinking of ways to mark the week with their students.

The theme for 2022 is loneliness - the experience of feeling lonely, its effect on our mental health and how we can play a part in reducing loneliness in our communities.

Schools and colleges can explore this theme in a number of ways – getting students thinking about their friendships, relationships and support systems, about how best to support others, and self-care strategies to employ if they ever feel lonely.

In this toolkit, we are sharing a number of resources to help schools and colleges highlight the theme of loneliness and open up wider discussions about wellbeing with students.

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**Anna Freud**  
National Centre for  
Children and Families

## Resources

**Music for self-care: Mental Health Awareness Week resources – Anna Freud Centre**

In this lesson from Public Health England, students will explore the impact of using social media and the stresses it can cause.

[Go to resource](#)



Sign up to the  
Mentally Healthy  
Schools newsletter  
for more resources

### **Finding our connections to feel less lonely - Mental Health Foundation**

A resource pack with materials and resources to support pupils to understand what loneliness is, how it can make us feel, and where to find support.

[Go to resource](#)



### **DEAL lesson plan: supporting a friend – Samaritans**

This lesson plan helps young people think about how to support their peers who may be going through difficult times.

[Go to resource](#)



### **Tackling loneliness resource pack - Youth Focus NW**

A resource pack for young people to help them understand loneliness, the causes and effects, and what can be done to tackle it.

[Go to resource](#)



### **HeadEd: mental health lesson plans for teenagers – stem4**

HeadEd is a mental health literacy resource for secondary school students, covering topics including stress, anxiety and depression.

[Go to resource](#)



### **Can't Talk, Write - Action for Children**

A set of 10 writing activities to help young people better express how they feel through writing.

[Go to resource](#)



## Unhealthy relationships: guidance for staff in further education colleges – Mentally Healthy Schools

A guidance booklet for college staff about what to do if a student is in a potentially unhealthy relationship with a romantic partner or friend.

Go to resource



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