

No. 138 / 2026

5th May 2026

To: All Branches

Dear Colleagues,

Mental Health Awareness Week – 11 - 17 May 2026 on the Theme Of 'Action'

Mental Health Awareness Week will run from Monday 11 May until Sunday 17 May 2026. The theme for Mental Health Awareness Week 2026 is “Action,” emphasizing taking initiative-taking steps to support mental health for yourself, others, and the wider community.

Purpose

While awareness is important, this theme highlights practical actions and personal responsibility in promoting mental well-being. It encourages individuals, communities, and organisations to take concrete steps to reduce stigma, support mental health, and foster caring environments.

Focus Areas

For Yourself: Engage in activities that enhance your own mental well-being and resilience. This could include mindfulness, seeking help if needed, or adopting healthy routines.

For Someone Else: Promote positive mental health in your surroundings by offering support, creating psychologically safe spaces at home, in schools, or workplaces, and spreading awareness through conversation or social platforms.

For All of Us: The theme calls on broader society and policymakers to ensure mental health is prioritised and supported at a structural level, creating inclusive, supportive communities and workplaces.

Participation and Activities

Wear It Green Day: A designated day for wearing green to show support and start conversations about mental health. [Wear it Green Day | Mental Health Foundation](#)

Community and Workplace Engagement: Organising campaigns, discussions, or workshops to raise awareness and encourage action for mental well-being.

Education and Advocacy: Sharing knowledge, attending training, or using available resources to promote understanding and early intervention.

Mental Health Awareness Week 2026 goes beyond recognition—it is about taking meaningful action to improve mental health, foster empathy, and build supportive communities.

For information and resource materials to help you with your arrangements for Mental Health Week, visit the Mental Health Foundation website here: <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

Samaritans

For people in distress and urgently needing someone to talk to, Samaritans will listen, will not judge, or tell a person what to do and will offer help, support, and guidance 24/7. Members can call them any time, day, or night for **FREE** on **116 123**.

Non-judgemental listening is a crucial form of support, as recent MHFA England research highlighted the critical role psychological safety plays in workplace performance. When employees are fearful of judgement or consequences, innovation slows, mistakes go unchallenged, and wellbeing suffers. With one in seven employees (15%) already admitting to making more mistakes due to stress and fear.

Mental Health Awareness Week free webinars

There are over one hundred webinars taking place throughout May on the theme of Mental Health & wellbeing, two free webinars that have been shared several times on CWU Mental Health First Aider networks are shown below.

[Mental Health, Neurodivergence and What Organisations Get Wrong Tickets, Tuesday 12 May • 12 - 13 GMT+1 | Eventbrite](#)

[Free: Mental Health Awareness Week Webinar Session - Mind BLMK](#)

Attachments:

- Mental Health UK – Mental Health Awareness Week Poster 1
- Mental Health UK – Mental Health Awareness Week Poster 2
- MHFA England - 10 keys to happier living workplace poster

This LTB is shared on behalf of CWU Central Services.

If you have any questions or need any further information, please contact:

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CWU Health & Safety Policy Assistant at jmcgovern@cwu.org

Relating

The people around you offer a valuable pool of support so it's important to put time into strengthening those connections.

Give it a go:

- Meet up with someone you haven't seen in a while
- Turn off distractions to chat with friends or family about your day

Exercising

Regular activity will provide an endorphin boost and increase confidence.

Give it a go:

- Find an activity that suits you and your schedule
- Swap the car on short journeys and cycle or walk to work



Awareness

Taking time to switch off autopilot and 'be in the moment' is a great tool to combat stress.

Give it a go:

- Pay attention to your senses — what can you see, hear or feel around you?
- Choose a regular point in the day to reflect



Giving

Holding out a helping hand makes other people happy and will make you feel happier too.

Give it a go:

- Share your skills or offer support
- Ask friends, family or colleagues how they are and listen without judgement



10 KEYS TO HAPPIER LIVING

ACTION FOR HAPPINESS

Find out more about the 10 Keys to Happier Living at actionforhappiness.org



MHFA England

Visit mhfaengland.org to learn about Mental Health First Aid and how you can support a friend, family member, colleague or student with their mental health

Trying out

Learning new things is stimulating and can help to lift your mood.

Give it a go:

- Take on a new role at work or school
- Try out a new hobby, club or activity that interests you



Direction

Working towards positive, realistic goals can provide motivation and structure.

Give it a go:

- Choose a goal that is meaningful to you, not what someone else expects of you
- Remember to celebrate progress along the way



Meaning

People who have meaning in their lives experience less stress, anxiety and depression.

Give it a go:

- Prioritise the activities, people and beliefs that bring you the strongest sense of purpose
- Volunteer for a cause, be part of a team, notice how your actions make a difference for others

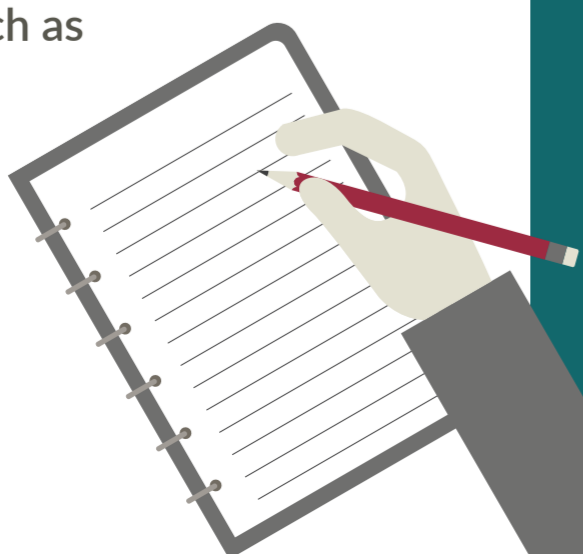


Resilience

Although we can't always choose what happens to us, we can often choose our own response to what happens.

Give it a go:

- Find an outlet such as talking to friends or writing it down
- Take action to improve your resilience skills



Emotions

Positive emotions can build up a buffer against stress and even lead to lasting changes in the brain to help maintain wellbeing.

Give it a go:

- Take time to notice what you're grateful for and focus on the good aspects of any situation
- Set aside time to have fun

Acceptance

No one is perfect. Longing to be someone different gets in the way of making the most of our own happiness.

Give it a go:

- Be kind to yourself when things go wrong
- Shift the focus away from what you don't have and can't do, to what you have and can do

Share your action

The theme for Mental Health Awareness Week 2026 is Action. Because, while awareness is vital, real change comes when we take action too.

This Mental Health Awareness Week we're asking people to share what actions they take to support their own mental health, what can help our teams, schools or communities, and how the government should take action to support our mental health.

How to use your poster

- 📌 Pick whether your action is **for yourself**, **for someone else**, or **for all of us**.
 - For yourself** - "My action for my mental health"
 - For someone else** - "My action to support others' mental health"
 - For all of us** - "The action the government should take to support our mental health"
- 📌 Print it up and write your action on the poster. Visit mentalhealth.org.uk/mhaw for inspiration
- 📌 Take a selfie or get someone to take a picture with your phone
- 📌 Share it on social media with the **#MHAWaction** hashtag!



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My action for my mental health

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/resources>



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My action to support others' mental health



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The action the government should take to support our mental health



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