

Mental Health Awareness Week 2021 – 10th-16^h May

Hosted by The Mental Health Foundation



This year's theme is "Nature". There are many powerful and positive benefits that nature can have on how someone is feeling. By spending time outdoors - for example, going for a walk or even just standing outside in the fresh air could make a huge difference to how we are feeling and instantly change our mood and outlook to feeling more positive. When feeling low/upset, why not try and spend some time outdoors and see what difference this could make to yourself and others around you, who also may be struggling with their wellbeing.

Please visit <https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week> to find out more about Mental Health Awareness Week 2021.

Thrive is open to anyone.
We are always available to listen and help, so please feel
free to drop in and see us.