

Connect for Mental Health

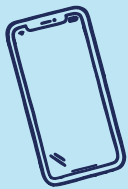
Use our Connect for Mental Health board to help you build meaningful connections with your friends, family, colleagues, and communities throughout Mental Health Awareness Week and beyond.

Pledge to do four things to build connections. Write them down on the four empty shapes by hovering your cursor over one of them and typing your pledge. Or you can print this page out and write in the shapes.

We have some suggestions for what you can do on the next page.

Once you've filled these in, take a screenshot or a photo for your own reference.

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Share how you're connecting for mental health

Take a screenshot or photo of your completed Connect for Mental Health board and share it on social media alongside pictures of how you're connecting for mental health, to inspire others to do the same!

Tag Mental Health UK and use #LetsConnect when you post on social media

@mhealthuk @mentalhealthuk

Connect for Mental Health

Loneliness can affect many of us at one time or another. It can be both the driver for and a product of poor mental health.

Make your unique contribution to tackling loneliness and isolation by connecting at work and outside of work. We've given you some suggestions of ways you can connect below – choose from these to complete your board or make your own pledges.

Ways you can connect for mental health

At work



Organise a [Big Mental Health Get Together](#) with your team



Set up a regular tea break for the team to drop in to for an informal chat



Do a walking meeting with a colleague you don't often work with



Reserve a break in your work diary to have a check in with a colleague



Listen to our ['5 ways to well-being: Connect'](#) podcast



Complete our [Wellbeing Plan](#)

Outside of work



Print a photo of you and a friend or relative and send it to them with a note



Check in on someone you haven't spoken to in a while



Build a connection over a shared interest by signing up to a club or group



Join our online community [Clic](#) and say hello



Ask your postie how they are today



Introduce yourself to your neighbour

Information and support

Find resources and guidance for having conversations about mental health, and supporting other people:

[Let's Connect! Mental Health Awareness Week 2022](#)

- Read Mental Health UK's article on [hybrid working and inclusivity](#)
- Learn how to have a [supportive conversation](#)
- You can also explore other ways to get involved and connect!

