

# Mental Health Awareness Week 2025

Your toolkit to build community

Five days. Five ideas. One  
connected workplace



MHFA England

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# Mental Health Awareness Week

- Mental Health Awareness Week takes place each May to increase people's understanding of mental health
- It's a chance for workplaces across the UK to show that mental health matters
- This year's theme is Community. Being part of a safe, positive community can be vital for our mental health and wellbeing
- Communities can provide a sense of belonging, safety, support, and give us a sense purpose
- People and workplaces thrive when there are strong connections between teams
- Let's build connection. Let's create a workplace where everyone feels seen, heard, and valued

Five days. Five ideas.  
One connected  
workplace.



# Overview

- MHFA England has developed a simple toolkit to help you, and your workplace build community and raise awareness of mental health
- We want to make it as easy as possible for you to get involved
- Use these five daily prompts to help raise awareness, spark connection, and inspire action in your workplace
- You could do one activity each day of the week, deliver a session to share everything or just pick the resources or activities that are most relevant to your workplace
- Don't forget to share your activity on social media. Tag @MHFAEngland and use #ThisIsMyCommunity

# Monday: Share the My Whole Self MOT

- There are simple steps you can take to look after your whole self
- Share the My Whole Self MOT to check in on your own and others' mental health and wellbeing
- Take ten minutes to reflect on how you're doing, encourage teams to discuss the MOT at a team meeting, or give it to managers to use in one-to-one conversations
- Download the MOT from the MHFA England [website](#)

**#MyWholeSelf**

**My Whole Self MOT**

There are simple steps you can take to look after your whole self. Use this MOT to check in on your own and others' mental health and wellbeing.

Join the campaign for workplace culture change. Check out our resources at [mhfaengland.org](http://mhfaengland.org)

**How's my mental health today?**  
How do I feel today? Mentally? Physically?

**My Stress Container**  
How full is my container? Am I using helpful coping strategies? Are they working?  
Learn about your Stress Container [here](#).

**My mental health journey**  
Our mental health is part of the wider journey of our lives.  
[Learn more.](#)

**Looking after my wellbeing**  
Is self-care part of my routine? Am I eating well, moving regularly, and getting enough sleep?  
For tips on healthy ways of working, take a look at our [guidance](#).

**How's my thinking today?**  
How are my thoughts making me feel? Am I having unhelpful thoughts? Create Your Mind Plan with [Every Mind Matters](#) to get tips to help deal with stress and anxiety and boost your mood.

**What can I do to look after my whole self?**  
Write down a few things that you can do to improve your wellbeing. Check in next week to see how you are doing.

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# Tuesday: Make a pledge

- Invite teams or individuals to make a simple pledge to build community at work
- You could:
  - Commit to a regular wellbeing check-in with your colleagues
  - Start a new initiative such as an Employee Resource Group or book club
  - Pledge to train 10% of your staff as MHFAiders
- Share your pledges on your workplace noticeboard or intranet

# Wednesday: Empower Half Hour

- Taking a half hour break for a change of scenery or activity can boost energy levels and help to focus the mind
- Book in an Empower Half Hour activity to help:
  - Explore the link between mental and physical wellbeing
  - Encourage us to connect with one another
  - Start new, healthy habits
- Download the resource from the MHFA England [website](#)



# Thursday: Spotlight your MHFAiders and signpost to support

- Now is a great time to shine a spotlight on your Mental Health First Aiders and explain their role
- Post their photos and contact details in an email, on your intranet and in communal spaces
- Signpost to other sources of support such as your employee assistance programme, occupational health team and mental health helplines
- You could also:
  - Hold a drop-in session or Q&A with your MHFAiders
  - Host a recruitment event for those interested in becoming an MHFAider
  - Do an external post to thank your MHFAiders for everything they do to improve the mental health of your workplace (you don't have to share their names)

# Friday: Celebrate community with #ThisIsMyCommunity

- Wrap up the week by encouraging colleagues to reflect on what community means to them
  - What makes you feel connected at work?
  - Thank those that make you feel part of a community at work
- Post your responses in a communal area, on internal channels or on social media using #ThisIsMyCommunity. Don't forget to tag @MHFAEngland

Share your commitment  
and join the movement



# Social media suggestions

- This Mental Health Awareness Week, tell us how you're building community. Tag @MHFAEngland and use #ThisIsMyCommunity
- Here's some posts you could share to show your commitment to mental health in the workplace and beyond:
  - This Mental Health Awareness Week, we're building a stronger workplace community. From celebrating our MHFAiders to taking time for wellbeing, we're showing that mental health matters. #ThisIsMyCommunity #MHAW2025 @MHFAEngland
  - We're committed to the mental health and wellbeing of our people. That's why we have a team of Mental Health First Aiders. This Mental Health Awareness Week we want to thank them for everything they do to support our workplace. #ThisIsMyCommunity #MHAW2025 @MHFAEngland

# Other resources



# Other resources

- Together, we can create mentally healthy workplaces where everyone feels part of a thriving community
- Looking to strengthen your approach? MHFA England offers expert training, consultancy, resources, and support to help your workplace create a culture of care
- Learn more about our training and consultancy at [mhfaengland.org](https://mhfaengland.org)
- Look at our free resources at [mhfaengland.org/mhfa-centre/resources](https://mhfaengland.org/mhfa-centre/resources)
- Contact us at [workplace@mhfaengland.org](mailto:workplace@mhfaengland.org)

# Thank you

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