



**Jami**

The Mental Health Service for our Community



SIP . SHOP . SHARE

# Mental Health Awareness Week

18 – 24 May 2020

## The theme of this year's Mental Health Awareness week is kindness.

Kindness is the act of doing something motivated by genuine desire to make a positive difference. Kindness and our mental health is deeply connected – it is an antidote to isolation and helps a sense of belonging. It can reduce stress, bring a fresh perspective and deepen friendships. Kindness to ourselves helps boost our self-esteem.

**Join Jami in a series of FREE online events. To book the events please visit [jamiuk.org/mhaw](http://jamiuk.org/mhaw)**

**#KindnessMatters**  
**#MentalHealthAwarenessWeek**

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## Dates for your diary

**Monday 18th May 4:30 – 5:30pm**

**Wellbeing and Self Care (for students 18 plus)**

**Emma Dorman, Senior Education Coordinator, Jami**

During this interactive webinar we will be exploring the different approaches we can use to enhance our wellbeing and practice self-care, with attention paid specifically to student and university contexts during the current COVID-19 situation.

**Monday 18th May 8:00pm**

**Community Conversation on Kindness, Open to all**

Join Jami and contribute your thoughts to this facilitated conversation exploring Mental Health Awareness Week's key theme of 'kindness'.

**Tuesday 19th May / Thursday 21st May**

**11:00am – 1:00pm**

**Kind Co-Working**

**Sarit Gafan, Jami volunteer and wellbeing practitioner**

Would you benefit from working in a shared online space? Drop by our meeting with any projects you are working on – an essay, a job application, your freelance work, your memoirs, your drawing or even your ironing. Optional check in and short activities to boost your focus and spirits.

**Tuesday 19th May 4:00pm**

**Poetry Tuesday**

Join our online Head Room Café group to read and discuss poetry together about kindness.

**Tuesday 19th May 6:30 – 7:30pm**

**"If you can be anything, be kind" – a kindness workshop (for ages 18-32)**

**Emma Dorman, Senior Education Coordinator, Jami**

Join the discussion on how we can be kind to ourselves and others and how it can boost our mental health and foster a sense of connection and community.

**Wednesday 20th May 2:00pm**

**Head Room Café online Kindness Creativity Session**

Join us to explore your creativity! You decide whether to draw, write, paint or make a collage. Bring some pens, paper and any art supplies you have. Everyone is welcome, whatever your experience, however you are feeling.

**Wednesday 20th May 8:00 – 9:30pm**

**Preventing Mental Health Burnout**

**Phillipa Carr, Education Manager, Jami**

We have responded to this new and anxiety provoking world with overwhelming kindness. We have offered practical, social and emotional support in new and creative ways. But is there a cost to our caring?

Find out more about the signs and symptoms of burnout and how to encourage strategies for prevention and recovery.

**Thursday 21st May 5:00 – 6:00pm**

**Youth Session: Self - Care During Strange Days (for young people aged 12 – 16)**

**Emma Dorman, Senior Education Coordinator, Jami**

Explore key messages about mental health and the myths that we may hear in the news, on social media or from those around us. We'll also have a look at what self-care means to all of us and how we may need to be creative with being kind to ourselves during these strange days.

**Thursday 21st May 8:00 – 9:00pm**

**Open Mic Night – everybody welcome**

Join us to sing, speak, recite about anything you like but most of all just be kind.

