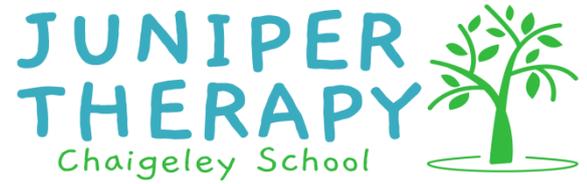


Chaigeley School

NEWSLETTER



THERAPEUTIC SUPPORT FOR PARENTS AND CARERS

Let's Connect!

9-15 May 2022

#MentalHealthAwarenessWeek

Loneliness

Mental Health Awareness Week is happening between 9th to 15th May 2022. The official theme is 'loneliness' and, across the week, we encourage you to build meaningful connections with your friends, family, colleagues and communities.

There is an opportunity for the whole of the UK to focus on achieving good mental health. The mental health foundation started 21 years ago and has grown to become one of the biggest awareness weeks across the UK and globally.

Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this.

Loneliness is the negative feeling we have when there is a mismatch between the relationships we want and the ones we have, both in terms of quality and quantity. Loneliness is feeling alone, not being alone. A person can be lonely in a room full of people. Social isolation, though closely linked, is not the same as loneliness. Social isolation is a lack of social contacts, this can be measured by the number of relationships someone has or the size of their social network. Being socially isolated doesn't necessarily mean you feel lonely.

See our [Twitter page](#) for more info, news and activity ideas; [@TChaigeley](#)

Let's connect. There is so much you can do during the week. Take a chance to get in touch with a friend or neighbour you haven't spoken with in a while. Together we can raise awareness of the links between mental health and loneliness.

Look for the safe and welcoming spaces in your local community, a place you are able to talk and support one another.



Please right click on the links below to find out more about loneliness and what you can do to help others and what you can do to get help with loneliness for yourself, your children, family and friends

See for more support/info:

[Your mental health | Mental Health Foundation](#)

<https://www.whatsupwitheveryone.com/loneliness.php>

<https://www.mentalhealth.org.uk/sites/default/files/15-loneliness-tips-for-young-people.pdf>

