

# Mental Health Awareness Week

09 – 15 May 2022



Hammersmith,  
Fulham, Ealing  
and Hounslow

Parent Bulletin No. 9 – May 2022

## This year's theme for Mental Health Awareness Week is 'Loneliness'

### How can you support yourself?

Being a parent is hard. You may find it a challenge to balance family, relationships and home/work life, making it easy to forget about your own wellbeing. This could lead you to feel lonely and stressed. The extended periods of isolation due to COVID-19 restrictions has led to an increase in loneliness. So, what can you do?



Self-care is not selfish. Making time for yourself is essential in looking after your emotional wellbeing.



Spending time outside can improve health and reduce stress.



Strengthening social bonds is important in reducing isolation. Are you a single parent, a mum or a dad? Click on the links for tips!



### It's Time To Connect! Understanding Signs of Loneliness

It can be difficult to identify when you are feeling lonely. Extended periods of loneliness can lead to anxiety, social difficulties, emotional dysregulation and low confidence. You can click [here](#) to recognise signs and support yourself in making positive changes. If you are not sure where to start you can click [here](#) for some advice.

**The Mental Health Support Team supports school staff, children and parents/carers to think about mental health and wellbeing.**



We provide a **telephone drop-in service** where you can speak to one of our team about your child's mental health and wellbeing.  
*Please note, this is not a counselling service*

Click the link below or scan the code to schedule a call:  
**[Mental Health Support Team Telephone Drop In Service](#)**

For blog posts, and to learn more about the support we offer, visit our websites: [www.hfemind.org.uk](http://www.hfemind.org.uk)