

UCEM

Mental Health Awareness Week 2020

1/6 working-age Adults

have symptoms associated with poor mental health

source: mhfaengland.org



Witnessing acts of kindness lowers blood pressure and increases self-esteem



source: randomactsofkindness.org



UCEM

currently has

15 Mental Health First Aiders



20-30%

lower risk of depression

and dementia when you participate in **daily physical activity**

source: mentalhealth.org



43%

of students

with a declared mental health condition

have accessed formal

support through the

Disability & Wellbeing team



Addressing wellbeing at work **increases productivity** by up to

12%



source: mental-health.org

When people benefit from kindness, they "pay it forward"

source: honeyfoundation.org



by helping others who were not originally involved **creating a cascade**



Being kind

makes you **more energetic** and increases our sense of self-worth



Perpetually kind people:

Age Slower than the average



have **23% less cortisol** (the stress hormone)

source: dartmouth.edu



1,000 visits

to 'Listening & Counselling' area which launched in **Feb 2019**



40%

feel comfortable talking to an employer about a mental health problem

source: time-to-change.org.uk

Support someone struggling with mental health:



Treat them the same



Check in regularly



Listen and don't judge

source: time-to-change.org.uk