

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**



source: goodandkind.org

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



When people benefit
from kindness, they

“pay it forward”

source: honeyfoundation.org



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

Addressing wellbeing at work
increases productivity by up to

12%



source: mental-health.org



Being kind

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



Age Slower
than the average



**Perpetually
kind people:**



have
23% less cortisol
(the stress hormone)



Over 450 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

source: dartmouth.edu