UCEM Mental Health Awareness Week 2020



have symptoms associated with poor mental health source: mhfaengland.org



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





When people benefit from kindness, they

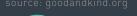
'pay it forward"

source: honeyfoundation.org

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



currently has 15 Mental Health First Aiders



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



Perpetually kind people:



have 23% less cortisol (the stress hormone)



lower risk of depression

and dementia when you participate in daily physical activity



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

12%*

ource: mental-health.org



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