

SELF-CARE BINGO

MENTAL HEALTH WEEK

11th - 17th May 2026

Take ACTION

This Mental Health Awareness Week we're asking people to join us in taking action to support good mental health. Even small actions can help us feel hopeful and less powerless. And while our individual actions matter, when we come together we are even more powerful.

Take an hour for yourself this week. Do something that helps you reset and recharge.	Take a break with someone new. Connect with someone on your lunch break you wouldn't usually talk to.	Go for a mindful walk. No pressure, just fresh air and time to think.
Phone free. Leave your phone behind and take some time away, an hour or longer.	Wear your favourite colour. Bring a bit of joy and personality to your day.	Give back. Do something kind or thoughtful for someone else.
Re-connect. Speak to a family member or friend you haven't spoken to for a while.	Set a positive mental health goal. Something small and realistic to build on this year.	Set yourself a personal challenge. Learn or do something new to you, make it yours.

For support visit: www.mentalhealth.org.uk