

## **Mental Health Awareness Week**

**Hosted by the Mental Health Foundation, Mental Health Awareness Week 2019 will take place from Monday 13 to Sunday 19 May 2019. The theme for 2019 is Body Image – how we think and feel about our bodies. The following link gives further information about this campaign.**

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>