

**Castle Rushen High School is celebrating
Mental Health Awareness Week 9th – 13th May.**

This year the theme is Loneliness which affects millions of people across the UK.

Mental Health Awareness Week, which is hosted by the Mental Health Foundation, is in its 22nd year and runs from 9 - 15 May. Across the country people will be reflecting on loneliness and how it impacts our mental health. Long-term loneliness is closely linked to mental health problems such as depression and anxiety. In school we will be encouraging students to talk to their peers while undertaking a variety of tasks during registration periods. A local charity - Isle Listen – will be delivering assemblies and holding a drop in session on Thursday lunchtime in the school's library.

Mark Rowland Chief Executive of the Mental Health Foundation said:

“We hope this year’s theme of loneliness will strike a chord with many of us who felt lonely and struggled throughout the Covid pandemic.

“Millions of us experience loneliness from time to time. We know that some people are at higher risk of experiencing loneliness and the evidence shows the longer we feel lonely, the more we are at risk of mental health problems.

“Loneliness deserves more attention and we’re calling on everyone who has struggled as a result of being lonely to share their experiences. We must work together - as individuals, as a society and through government policy - to reduce loneliness and prevent mental health problems by investing in welcoming, social spaces and new community initiatives.”

About the Mental Health Foundation

- Our vision is of good mental health for all.
- The Mental Health Foundation works to prevent mental health problems.
- We drive change towards a mentally healthy society for all, and support communities, families and individuals to lead mentally healthy lives with a particular focus on those at greatest risk.
- The Foundation is the home of Mental Health Awareness Week.
- www.mentalhealth.org.uk

Below is a link to a wide range of publications that can be downloaded that hold lots of useful information for self help.

<https://www.mentalhealth.org.uk/publications>

Do you need urgent help?

If your mental or emotional state quickly gets worse, or you're worried about someone you know - **help is available**.

Manx Care's 24 hour Crisis Response and Home Treatment Team on 01624 642860 or the Emergency Services on 999

You're not alone; talk to someone you trust. Sharing a problem is often the first step to recovery.

Isle Listen is also available Monday to Friday between 9.00am – 5.00pm on 679118. Isle Listen is not a crisis service and only offers planned interventions.

Families can participate in Mental Health Awareness Week through our local charity Isle Listen. Please see events below:

- It isn't always easy to get out and meet people when we're feeling lonely. So, why not join us for a coffee and a bun at our Centre at Skanco Court, between 9am and 12pm. Or, host your own coffee morning?
- Sea dipping is a great way to support your mental health as well as making new friends. So, come and join us on Saturday 14th May on Ramsey Beach at 8am, for our latest Sea Dip for Your Sanity, which is kindly sponsored by Ramsey Crookall.
- During Mental Health Awareness Week, we are offering our 3 hour "Looking after yourself and others" course at the reduced price of just £10 per person which will also touch upon the theme of this year's Mental Health Awareness Week, loneliness. Click to learn more.
- Join The Friends of Manx National Heritage at Castle Rushen for a day of fun activities on Sunday 15th May which will get you trying new things and meeting new people!
- Join the Manx Footpaths Conservation Group on a social walk of around 5-miles, starting in Maughold also on the 15th May.

Find out more at <https://www.islelisten.im/events/>