

## Mental Health Awareness Week

9 - 15 May 2022

Together we can tackle loneliness



Loneliness and our mental health This years theme is Loneliness

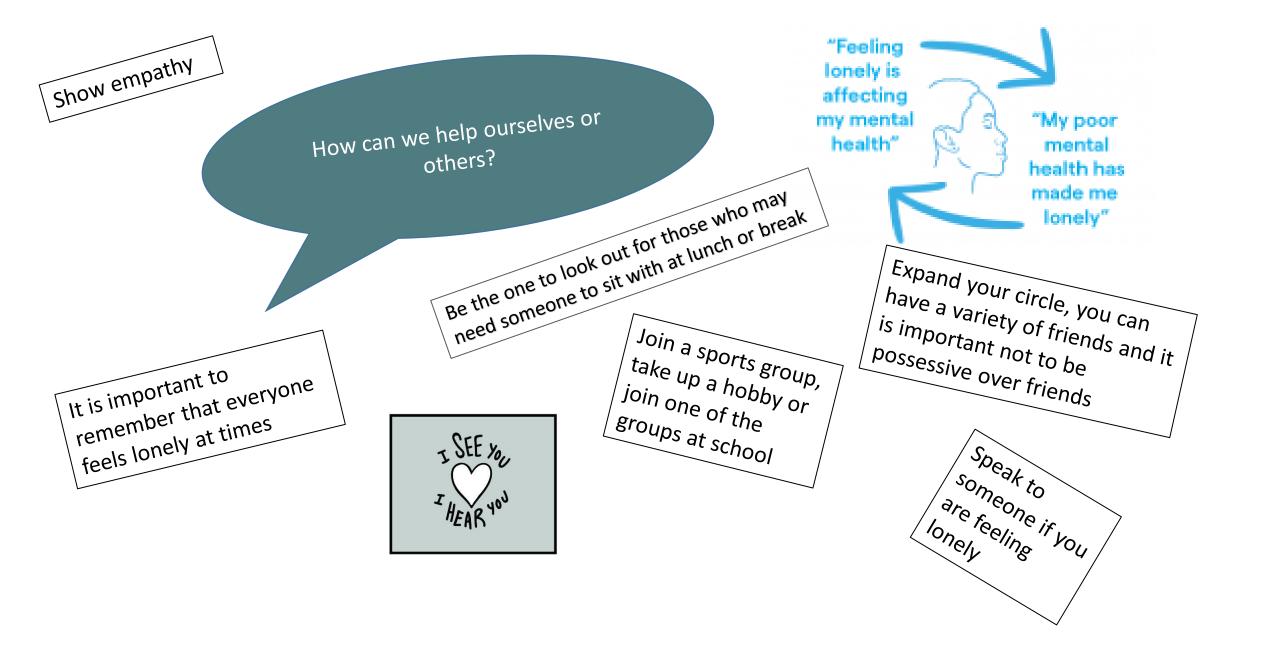
Loneliness affects many of us at one time or another. We know that **loneliness can be both the driver for and a product of poor mental health**.

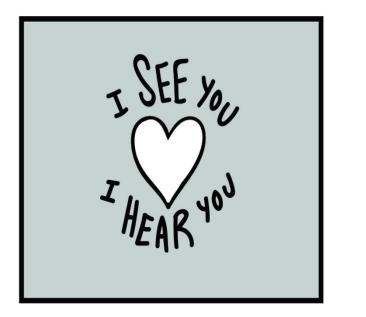
**Our society is changing fast**. In recent times, many of us have had far less access to loved ones.

*We could be in a room full of people and still feel lonely.* 

With your form discuss how this is possible?

#lveBeenThere





<u>Brené Brown on Empathy – YouTube</u>
<u>https://www.youtube.com/watch?v=HznVuCV</u>
<u>Qd10</u>

Watch this clip and think about how we can be empathetic towards our friends and family.

How might this help to tackle loneliness? Listening and being there for one another can make someone feel connected.