



Every action counts

for better mental health

11-17 May 2026

1 Do one thing today

that helps your mental health — big or small. Take a moment to reflect, do something you enjoy, or spend a little time outside.

2 Have a conversation

with a loved one about mental health: mentalhealth-uk.org/help-and-information/downloadable-resources

3 Help us help more people

Explore all the ways you can fundraise and support our work: mentalhealth-uk.org/get-involved/fundraising

4 Share one thing you are grateful for today

Taking a moment to reflect on the good things in our life can help us reframe when things feel overwhelming.

Seven days of action for Mental Health Awareness Week

5 Tell your story

Every story matters in battling stigma and making others feel less alone: mentalhealth-uk.org/get-involved/share-your-story

6 Inspire your workplace

by printing off one of our workplace resources: mentalhealth-uk.org/help-and-information/downloadable-resources

7 Spread the word!

Share one of our social media posts or talk about what actions you're taking for better mental health.

Find all the info you need to take action today!



Donate today!

You can directly support our life-changing programmes by making a one-off or monthly donation or by leaving a **gift in your Will**.

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FUNDRAISING REGULATOR

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