



Mental Health Awareness Week 2025 will take place from **Monday 12 May to Sunday 18 May**, and this year's campaign will continue to shine a light on the importance of mental wellbeing for everyone, everywhere. Organised by the **Mental Health Foundation**, this annual event brings together communities, schools, workplaces, and individuals across the UK to promote understanding, reduce stigma, and encourage open conversations about mental health.

Whether you're experiencing challenges yourself, supporting someone else, or simply want to learn more, Mental Health Awareness Week offers a space for reflection, education, and positive action.

What is Mental Health Awareness Week?

Mental Health Awareness Week is the UK's leading campaign on mental health. Since it began in 2001, the week has focused on a specific theme each year — such as loneliness, body image, or anxiety — to help the public understand the impact of mental health on everyday life.

The week is supported by thousands of schools, organisations, health professionals, and community groups who get involved in activities that encourage openness, provide tools for mental wellbeing, and promote policies that support better mental health services for all.

The Importance of Talking About Mental Health

1 in 4 people in the UK experience a mental health problem each year. Mental health issues can affect anyone, regardless of age, background, or circumstance. By breaking the silence around mental health, we help ensure that fewer people suffer in isolation and more people get the support they need earlier.

Mental Health Awareness Week is not just about raising awareness — it's about encouraging action: taking steps to improve our wellbeing, check in on others, and advocate for services that promote good mental health across all communities.

How to Support Mental Health Awareness Week 2025

1. Learn About This Year's Theme

Each year, the Mental Health Foundation selects a theme that reflects a current challenge or topic of national importance. Check the Mental Health Foundation website for this year's theme and access free downloadable resources for individuals, schools, and organisations.

2. Start the Conversation

Talking about mental health doesn't have to be awkward or difficult. Ask someone how they're really feeling, check in with friends and family, or use conversation starters shared by mental health charities.

3. Promote Wellbeing in the Workplace or Classroom

Encourage positive mental health in work or school settings by sharing wellbeing tips, running wellbeing sessions, or simply allowing space for rest and reflection during the week.

4. Practice Self-Care

Use this week to pause and check in with your own mental health. Whether it's going for a walk, limiting screen time, or trying a mindfulness exercise, small acts of self-care can go a long way.

5. Fundraise or Donate

Many charities supporting mental health rely on donations and volunteers. Consider fundraising, taking part in a challenge, or supporting organisations financially.

A Week to Make Mental Health a Priority

Mental health matters — not just this week, but every day. Mental Health Awareness Week reminds us that mental

wellbeing is just as important as physical health. By learning more, supporting each other, and creating open, supportive environments at home, work, or school, we move closer to a society where no one has to suffer in silence. Let's take this opportunity to listen, reflect, and prioritise our minds — today and every day.

Related Links

- [Mental Health Foundation](#)
- [Mind – Mental health charity](#)
- [Every Mind Matters \(NHS\)](#)
- [Rethink Mental Illness](#)
- [YoungMinds \(support for young people\)](#)



Last Updated - 2nd May 2025

