



## Mental Health Awareness Week

15<sup>th</sup>- 21<sup>st</sup> May 2023

15 to 21 May 2023

### Mental Health Awareness Week



Mental Health Foundation

#ToHelpMyAnxiety

We all feel anxious from time to time. Anxiety is a natural response to the uncertain world around us. For example, in the current cost-of-living crisis, more than a third of adults feel anxious about their financial situation. But it's important that we recognise and respond when we feel anxious, so that our anxiety doesn't become overwhelming.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we will keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

Find out more



### The Healthy Parent Carer Programme

Our Preparation for Adulthood (PFA) Navigators are now offering Healthy Parent Carer Sessions. The programme runs for 2 hours a week (1 session) and is delivered online over 12 weeks.

Parent carers face increased risks of mental and physical health problems. They often prioritise the health and wellbeing of their children and their caregiving responsibilities, sometimes to the neglect of their own needs.

Many parent carers don't feel empowered to look after their own health. They may feel too tired or stressed to engage in healthy behaviours, or feel guilty about taking time for themselves. However, poor health of parent carers can have negative consequences on their wellbeing and on their children and families.

The Healthy Parent Carers programme aims to improve health and wellbeing among parents of children with additional needs and disabilities through:

- Promoting greater empowerment, resilience and confidence of parent carers;
- Taking small steps that are associated with better health and wellbeing;
- Encouraging setting achievable goals and taking a problem-solving approach.

Healthy  
PARENT CARERS

# Clangers


The Healthy Parent Carer Programme is based around the CLANGERS, a set of small, universal, and evidence-based actions that anyone can take, and which have been shown to be associated with better health and wellbeing.




## Connect


- Take time to connect with people around you
- Take care of important relationships
- Renew old relationships
- Develop new relationships





## Learning

- Keep Learning
- Try something new
- re-discover and old interest
- Set yourself challenges that you will enjoy achieving
- Notice your personal growth





## Active

- Be active as part of your daily routines
- Discover physical activity that you enjoy doing
- Discover physical activity that suits you
- Try and sit less and walk more
- Be active with family





## Notice

- Take notice of the world around you
- Be mindful of what you are doing and how you feel
- Savour the moment
- Appreciate the beautiful
- Reflect on your experiences





## Give

- Do something for someone
- Smile
- Say thank you
- Feel gratitude
- Give also to yourself- acceptance, care and a permission to do what is important to you





## Eat well

- Choose food that is good for you
- Eat mindfully
- Notice the different smells, textures and tastes
- Understand your relationship with what and why you eat





## Relax

- Take time to relax and rest
- Do something nice
- Write down your tasks and worries
- Reflect on your day
- Feel grateful for the good things
- Let go of the negative things





## Sleep

- Learn about sleep hygiene
- Identify reasons for any sleep problems
- Learn about and use strategies to improve the quality of sleep



For more information on the programme, please email [Denise@paccshropshire.org.uk](mailto:Denise@paccshropshire.org.uk)

## Useful Contacts

**autism**  
west midlands



**YOUNGmINDS**



**empathy**  
for special children

**contact** *For families with disabled children*



**stem4i**  
supporting teenage mental health



**THE MIX**



- [First Point of Contact \(FPOC\)](#)
- [Early Help](#)
- [NHS Mental Health Services](#)
- [Family Information Service](#)