**Mental Health Improvement and Equalities Team Plan: Mental Health Awareness Week 2021**

Below you will find information about the Mental Health Improvement and Equalities team’s planned activity for Mental Health Awareness Week 2021, which runs from 10–16 May. This year’s theme is on nature and mental health.

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| Date | Activity Planned |
| Monday 10th May | A drop-in event will be held Via Teams on Monday from 10.00 – 10.30 am to kick off the week. The event will cover what we’re doing for mental health awareness week, as well as information about the benefits of nature on mental health.  The session will be recorded and will be available on demand for people to listen to throughout the week. |
| Our **#HeidOutdoors** campaign will be launched on social media, encouraging people to get outside for their mental health. People can take part by using the hashtag or tagging @AyeMind99 in their posts. |
| Tuesday 11th May | Our ‘Green Spaces of Greater Glasgow and Clyde’ resource will be launched, which includes information about available green spaces across the six different HSCPs. This will sit on our team site and will be shared across social media as part of the **#HeidOutdoors** campaign. |
| Posts will be shared across @AyeMind99 Twitter account around 5 ways to wellbeing in nature. |
| Wednesday 12th May | Posts will be shared on the @AyeMind99 Twitter account from members of the Mental Health Improvement and Equalities team around how nature benefits their wellbeing. |
| Our monthly mental health snippet, covering nature and mental health, will be promoted on social media and will direct people to the full resource on our team site. |
| Thursday 13th May | Ongoing posts on @AyeMind99 around the campaign, 5 ways to wellbeing in nature, and quotes from the team. |
| Friday 14th May | A round-up of photos will be shared of everyone who took part in the **#HeidOutdoors** challenge. |