

TAKE ACTION WITH US

Mental Health Awareness Week



The theme for MHAW 2026 is Take Action.

What one thing can you do this week to boost your mental health?

Please write it overleaf so we can share it.

Here are the **Five Ways to Wellbeing** to inspire you:

CONNECT ... with others around you

BE ACTIVE ... move in a way you enjoy

TAKE NOTICE ... pause and be present

KEEP LEARNING ... new skills to give you confidence

GIVE TO OTHERS ... and help yourself feel good too

Supporting young people's mental health.



What one thing will you do this week to boost your mental health?



Scan the QR code to view our free resources or donate.

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