



Open in your browser for best result

Mental Health May: Embracing Movement, Maternal Wellness, and BPD Awareness

Hello,

Mental Health Awareness Week (13th to 19th May) will be approaching soon, and we're excited to delve into this year's theme of 'movement' and explore its significance in nurturing our mental well-being.

May also marks **Maternal Mental Health Awareness Week (29th April to 5th May 2024)**, shining a light on the unique challenges faced by families in navigating mental health during pregnancy and postpartum periods.

Furthermore, May is recognised as **Borderline Personality Disorder (BPD) Awareness Month**, providing an opportunity to increase awareness, reduce stigma, and promote effective treatments for individuals living with BPD.

Take a look at the selection of resources provided below and empower yourself with the tools and knowledge to foster a supportive environment for yourself and your youngster. Join us in raising awareness and promoting positive mental health and well-being.

For real-time updates on Parental Minds' events and activities, follow us on Facebook. Don't miss out on the latest news! Join our online community and be a part of the conversation. <https://www.facebook.com/PPSHUB>

 Visit our website [here](#) and explore our resources



**MENTAL
HEALTH
AWARENESS
WEEK**

[Mental Health Foundation](#)

Mental Health Awareness Week

Mental Health Awareness Week 2024 will take place from 13th to 19th May, on the theme of “Movement: Moving more for our mental health”.

Movement is important for our mental health. But so many of us struggle to move enough. There are many different reasons for this, so this Mental Health Awareness Week Mental Health Foundation want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you’re watching television – it all counts!

[Read More](#)



[Mental Health UK](#)

Movement and Mental Health

We are often told that physical exercise is important for our mental and physical wellbeing. Mental Health UK looks at how movement is beneficial to our wellbeing, how to overcome barriers to movement and ways we can incorporate it into our daily life.

They want to remind us that movement doesn't need to look like going to the gym, running a marathon or taking part in a team sport – and it doesn't need to cost the earth. It can be as simple as stepping off the bus a stop early, moving a 1-2-1 meeting to a walking call, giving your child a push on a park swing after school, or dancing in your kitchen while you cook dinner.

[Read More](#)



[Mind](#)

No Mind Left Behind

To celebrate Mental Health Awareness Week (which runs from **13 to 19 May 2024**) Mind is launching **#NoMindLeftBehind**. They're calling to us all to raise awareness and vital funds for a future where everyone can get quality mental health care when they need it.

[Read More](#)



[Rethink Mental Illness](#)

Mental Health Awareness Week

Rethink Mental Health want to get the mental health conversation moving this Mental Health Awareness Week.

The public's knowledge and understanding of common mental health issues like anxiety and depression has moved in a positive direction over the last 20 years and has helped a lot of people. But they believe there is still work to be done on the issues affecting those living with severe mental illnesses like schizophrenia, OCD or bipolar disorder.

People living with mental illness should not have to face additional barriers when accessing physical activity. Take their [survey](#) and help them get the conversation moving on physical activity for people living with mental illness.

[Read More](#)



[Active Devon](#)

Naturally Healthy May

May 2024 is [Naturally Healthy month](#) over at Active Devon and they're encouraging us all to get naturally healthy by connecting actively to nature. There are lots of ways to connect to nature and to help you get started, and they offer a range of ideas, activities, useful links and resources on their [website](#).

[Read More](#)



[Devon County Council](#)

Are you sitting comfortably?

Our everyday lifestyle can sometimes mean we are sitting for long periods, whether that's using a computer or tablet, driving to work or relaxing and watching the TV at home.

It's good for our health to break up our sitting time – Devon County Council have put together a useful video to illustrate this, as well as a 'sitting calculator'!

Or take a look at their infographic, or read their tips on keeping up your movement whether you're at work, or at home.

[Read More](#)



**Maternal Mental
Health Alliance**

What is Maternal Mental Health Awareness Week?

Maternal Mental Health Awareness Week is a week-long campaign (**29th April to 5th May 2024**) dedicated to talking about mental health problems before, during and after pregnancy.

The week is all about:

- raising public and professional awareness of [perinatal mental health problems](#)
- advocating for women and families impacted
- changing attitudes
- helping people access the information, care and support they need to recover.

Each year, organisers [PMHP UK](#) create daily themes to help guide and diversify the conversation around maternal mental health.

[Read More](#)



[PANDAS Foundation](#)

Information and Support

PANDAS is a charity with a mission: **‘To be the UK’s most recognised and trusted support service for families and their networks who may be suffering with perinatal**

mental illness, including prenatal (antenatal) and postnatal depression.'

They have a variety of [support services](#) available to ensure help is delivered in a way that is right for you.

The FREE PANDAS Helpline is available from 10am-5pm Monday – Friday (excluding bank holidays). They also have a free, bookable call back service, WhatsApp support and online support groups.

Learn about postnatal depression, postnatal psychosis, birth trauma, support for dads, and much more [here](#).

[Read More](#)



[Mind](#)

BPD Awareness Month

May also marks the start of BPD awareness month.

Learn about borderline personality disorder (BPD), also known as emotionally unstable personality disorder (EUPD), with Mind's useful resource. It includes what it feels like, causes, treatment, support and self-care, as well as tips for friends and family.

- [What is borderline personality disorder \(BPD\)?](#)
- [When is BPD diagnosed?](#)
- [Different views on diagnosis](#)

[Read More](#)



Young Minds

My Experience of BPD

Sophie explains what borderline personality disorder (BPD) feels like with Young Minds, and how it affects her relationships. See what advice she has for young people struggling.

Learn more about BPD with Young Minds [here](#).

[Read More](#)



Borderline Support CIC

BPD Support

Borderline Support is volunteer-run and led by people who are living with, or affected by, borderline personality disorder (BPD). They advocate for the use of lived experiences and peer support.

They offer...

- Several monthly [online peer support groups](#) and a face-to-face support group.
- A [signposting](#) service, we can provide you with information on services in your local area.
- 1:1 or group [befriending](#).
- [Peer support group](#) on Facebook to connect with others who share similar experiences
- [UK Support directory](#) provides information on mental health services in counties and regions across the whole of the UK.

[Read More](#)



[Action for Happiness](#)

Meaningful May

It's **Meaningful May** over at **Action for Happiness**, a month focused on finding ways to be part of something bigger. Each day of their calendar offers a new way to promote happiness.

View their previous calendars, download and print them.

[Read More](#)

MONTHLY PEER SUPPORT HUB

Join Parental Minds for advice and support. Sharing knowledge and insights. Answering your questions. Helping to make informed choices about your loved one.

Parental Minds is led by lived experience, with input from professionals, researchers and the voice of families.

Thursday, 9th May 2024
19.00 - 21.00
1-2 Kings Court, Honiton



PARENTAL MINDS C.I.C.
Mental Healthcare ; Exploring Pathways



PARENTAL MINDS SUPPORT
Mental Healthcare ; Supporting Families

[Parental Minds](#)

Monthly Peer Support Hub

Join Parental Minds for advice and support. Sharing knowledge and insights. Answering your questions. Helping to make informed choices about your loved one.

Parental Minds is led by lived experience, with input from professionals, researchers and the voice of families.

9th May 2024

19.00 - 21.00

1 & 2 Kings Ct, New St, Honiton

EXPRESSING EMOTIONS

Skills Workshop with Parental Minds

An online support hub focused on how we can express our emotions effectively.

Parental Minds co-produce mental health support guides from family lived experience with input from professionals and researchers. These guides have been used to develop this skills workshop, which is for parents and those who support other's mental wellbeing.

Sign up here: bit.ly/PMEmotions24

Monday, 20th May 2024

19.15 – 20.45

Online, Zoom



PARENTAL MINDS C.I.C.
Mental Healthcare ; Exploring Pathways



PARENTAL MINDS SUPPORT
Mental Healthcare ; Supporting Families

[Parental Minds](#)

Parental Minds Skills Workshop - Expressing Emotions

An online support hub focused on how we can express our emotions effectively.

Parental Minds co-produce mental health support guides from family lived experience with input from professionals and researchers. These guides have been used to develop this skills workshop, which is for parents and those who support other's mental wellbeing.

Monday, 20th May 2024

19.15 - 20.45

Online, Zoom

<https://bit.ly/PMEmotions24>

Sign up here

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Parental Minds Support Hub Online Hub Teams / 10.30 - 11.30	2 Online Hub Teams / 13.30 - 14.30 Supporting a Loved One with an ED Zoom / 19.00 - 21.00	3 Telephone and WhatsApp support available daily 10 - 6
6 BANK HOLIDAY Telephone and WhatsApp support available daily 10 - 6	7 Parental Minds Support Hub Online Hub Teams / 10.00 - 11.00	8 Parental Minds Support Hub Sidmouth Hub Port Royal / 10.30 - 12.30	9 Online Hub Teams / 13.30 - 14.30 Supporting a Loved One with an ED Zoom / 19.00 - 21.00 Monthly Hub, Honiton Kings Court / 19.00 - 21.00	10 Telephone and WhatsApp support available daily 10 - 6
13 Telephone and WhatsApp support available daily 10 - 6	14 Parental Minds Support Hub Exeter John Lewis / 10.00 - 12.00	15 Parental Minds Support Hub Online Hub Teams / 10.30 - 11.30	16 Parental Minds Support Hub Online Hub Teams / 13.30 - 14.30	17 Telephone and WhatsApp support available daily 10 - 6
20 Parental Minds Workshop Expressing Emotions Zoom / 19.15 - 20.45	21 Online Hub Teams / 10.00 - 11.00 Nexus Wellbeing Hub The Beacon, Exeter / 13.00 - 14.30	22 Sidmouth Hub Port Royal / 10.30 - 12.30 Littleton Hub Honiton / 13.30 - 15.00	23 Parental Minds Support Hub Online Hub Teams / 13.30 - 14.30	24 Telephone and WhatsApp support available daily 10 - 6
27 BANK HOLIDAY Telephone and WhatsApp support available daily 10 - 6	28 Parental Minds Support Hub BOOKABLE Online Hub Teams / 10.00 - 11.00	29 Parental Minds Support Hub BOOKABLE Online Hub Teams / 10.30 - 11.30	30 Parental Minds Support Hub Online Hub Teams / 13.30 - 14.30	31 Telephone and WhatsApp support available daily 10 - 6

John Lewis Community Room, Sidwell St, Exeter, EX4 6NH
Sidmouth Sailing Club, The Port Royal, The Esplanade, Sidmouth, EX10 8BS
1-2 Kings Court, New Street, Honiton, EX14 9HQ

In all **School Holidays**, please book with us via WhatsApp to attend hubs
07907 614 516

All events are shared via Parental Minds, and Parental Minds Support social media pages

Legend: ■ Online Peer Support, ■ Face to Face Peer Support, ■ Online Workshop, ■ School Staff Workshop, ■ School Holiday, ■ Bank Holiday

Parental Minds Support Timetable

****Events are booking only during the summer holidays and are subject to change****

REGULAR IN-PERSON EVENTS:

Honiton - 1-2 Kings Court

2nd Thursday of the month

19.00 - 21.00

Exeter - John Lewis Community Room

2nd and 4th Tuesday of the month

10.00 - 12.00

Sidmouth - Port Royal Sailing Club

2nd and 4th Wednesday of the month

10.30 - 12.30

REGULAR VIRTUAL EVENTS:

Online Peer Support Hub - Teams

Every Thursday, 13.30 - 14.30

1st, 3rd and 5th Tuesday 10.00 - 11.00

1st, 3rd and 5th Wednesday, 10.30 - 11.30

Online Workshops - Zoom

4th Monday of the month, 19.15 - 21.00

Are you accessing all the services that we offer from Parent+ Support Hub

We offer: -

- [Parenting tips on mental well-being](#)
- [Support to all mental health caregivers \(from low mood to crisis\)](#)
- [Self-care awareness](#)
- [Eating disorder courses](#)
- [Counselling](#)
- [Opportunities to share your voice and experience to achieve change](#)

We do this by offering: -

- [A listening Ear](#)
- [Knowledge of services](#)
- [Professional Advice](#)
- [Our lived Experience](#)
- [Co-created Resources](#)

You can chose: -

- 1:1 or Group
- Face to Face, Phone, WhatsApp or Email
- Website & Facebook & Emailed Monthly information
- Meetings & Workshops

You can access our service: -

Daily/weekly/monthly/Ad-hoc

This available to all Caregivers. Caregivers are parents, family, friends, colleagues & volunteers supporting mental well-being.

[Parental Minds Facebook](#) – Engagement Opportunities, Parent/Caregivers resources & Counselling

[Parental Minds Support Facebook Page](#) - Support for Mental Health Caregivers

Parental Minds; a collaboration of lived experience with professional input and the young person's voice.

Warm Wishes

The Parental Minds Team

Parental Minds Support Hub of Parental Minds CIC

Postal Address

07907 614516

hello@parentalminds.org.uk

1 Kings Ct, New St, Honiton EX14 1HG

United Kingdom

You received this email because you signed up on our website or made a purchase from us.



[Unsubscribe](#)

