



Mental Health Awareness Week

Theme: Community

Whether your community is your friends, neighbours, online group, team mates, or family, good relationships help you build a sense of belonging and self-worth. They also give you an opportunity to share positive experiences and provide emotional support.

Activities to help you connect with others



Get active

You could join a local team, try a dance class or join a walking group. Use [LiveWell Dorset's activity finder](#) to try something new near you! Physical activity also has lots of benefits such as improving sleep and helping to manage stress.



Get creative

Visit your [local library](#) for a wide range of events and clubs including crafting, poetry, chess, Lego, writing and reading groups. Learning new skills boosts self confidence by helping you to build a sense of purpose. There is no pressure to be perfect, it's the learning that matters.



Peer support groups

Peer support can improve your wellbeing and boost self-esteem, confidence and social skills. Peer support could be sharing knowledge or providing emotional support, social interaction or practical help. Everyone's experiences are treated as equally important. How much help you give and receive will depend on what feels right for you at different times. Use [this page](#) to find a group that's right for you.



Volunteer

Acts of kindness can create positive feelings, build relationships and connect with new people. There are lots of volunteering opportunities across Dorset, including National Trust conservation groups, companions, charity shop volunteers and museum creators. Browse all of the opportunities at the [volunteeringdorset.org.uk](#).

UHD Support

Our **Psychological Support and Counselling service** is a confidential therapy and support service for all UHD staff experiencing stress and mental health concerns. Scan the QR code to self refer.



Spotlight on...

UHD Staff Networks

Find your #TeamUHD community.



**Armed Forces
Support Group**

ArmedForcesSupport@uhd.nhs.uk

DEN
Diverse Ethnicity Network



DENnetwork@uhd.nhs.uk

**NHS UHD Pride
Network**

pride.network@uhd.nhs.uk

**ProAbility
Network**

pro-ability.network@uhd.nhs.uk



Women's Network

womens.network@uhd.nhs.uk