



Information pack for colleges

11-17 May 2026

Mental Health Awareness Week

Monday 11 – Sunday 17 May 2026

Mental Health Awareness Week is the perfect opportunity to talk about wellbeing within your college.

We know that we all have mental health, good and bad. And anyone in your college community could need support, whether that's staff, learners or parents. Because after all, 1 in 4 of us will experience a mental health problem each year.

This year, Mind is highlighting the need to see the individual, not just the patient. Because we know that good mental health care is *human*.

We need your help to make sure that everyone in your college knows it's ok to talk about how they are feeling. Together, let's talk about mental health.



Support for young people

Helplines & textlines

If you feel overwhelmed, or like you want to hurt yourself, you can:

Text **SHOUT** to **85258** to contact the [Shout textline](#).

Call [HOPELINE247](#) on **0800 068 4141** or the **NHS on 111** and select option 2.

Contact [Childline](#) by using [1-2-1 chat](#) or calling **0800 1111**.

Call [Samaritans](#) on **116 123** for 24/7 support.

Online

[Mind's information pages](#) for young people shares more about mental health, where to get support and tips for coping.

[YoungMinds](#) also offer mental health support for young people, parents and carers.

Read our full list of useful contacts for young people.

Support for adults

Mind's helplines

Support line: 0300 102 1234

Monday to Friday, 9am-6pm

Infoline: 0300 123 3393

Email: info@mind.org.uk

Monday to Friday, 9am-6pm

Welfare benefits line: 0300 222 5782

Monday to Friday, 9am-5pm

Legal line: 0300 466 6463

Email: legal@mind.org.uk

Monday to Friday, 9am-6pm

Local Minds

Local Minds offer face-to-face services across England and Wales. These services include talking therapies, peer support and advocacy.

Side by Side

Side by Side is our supportive online community for anyone experiencing a mental health problem. The Side by Side community is available 24/7.

sidebyside.mind.org.uk

Other useful contacts

Samaritans

Call 116 123

Email jo@samaritans.org.uk

24/7 support

CALM

Call 0800 58 58 58

Helpline open 5pm-midnight, 365 days a year. Webchat available on website

SHOUT

Text SHOUT to 85258

24/7 confidential text support

A full list of useful contacts can be found on [Mind's website](#).

How to help a friend with their mental health

Helping friends and family



It can be hard to know if someone's struggling with how they're feeling and their mental health. Here's some ways you can start a conversation...

“Hey, I'm here for you if you want to talk.”

“We haven't talked in a while. What's been happening?”

“I've noticed you seem tired lately. Is there anything you want to talk about?”

“I remember you told me that you were upset about ___ last week. How are you feeling about it now?”

“If you ever need to talk to anyone, you know that I'm here for you?”

“I know you're going through some stuff, I'm here for you.”

5 ways to support someone



1. **Help them with practical things.** You might go to appointments with them or help them with missed college work.
2. **Find ways for them to stay in contact** with family, friends and other people in their lives.
3. **Do things together you enjoy** like shared hobbies, walking in nature or watching a film. They might say no but it's important to keep trying to invite them to do things.
4. **Check in on them.** Sending a text to see how they are or sending them a photo of something they like can let them know you care.
5. **Remind them of why they matter.** You could talk about how they're important to you or about the good times you've had together.

Exam stress

Exam stress

- Take care of your wellbeing – your physical health as well as your mental health. [Sleep](#) is a good place to start.
- Talk to someone you trust. For ideas on how to start the conversation, see our page on [opening up to others](#).
- Be realistic about what you can do in a day or a week.
- You could also try the Pomodoro technique. This is where you work for 25 minutes and then take a break for 5 minutes. After doing this four times, you then take a longer break.

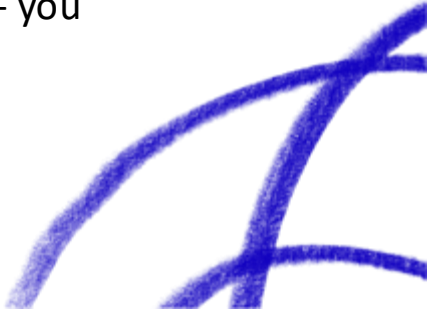


The best thing I did while revising was to take breaks and go for a run with my friend. Getting active made me focus better and I didn't feel so alone. Also stretching and yoga at the end of the day signalled to my brain it was time to rest – Megan, 17



Online safety

Looking after your mental health online

- **Think about who will see what you share** – never include details that identify you
 - **Protect yourself from excessive online spending** - it's very easy to spend money online. When we're not feeling well, we might try and make ourselves feel better by spending money - but this might make us feel worse in the long-run.
 - **Protect yourself from triggering content** - if you come across something that upsets you, close the screen or scroll quickly past it.
 - **Protect yourself and others by thinking about the impact of what you share** - you might want to consider using a content warning in some cases.
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Cyberbullying

If you experience bullying or abuse online, there are things you can do immediately:

- Don't respond. It can encourage further unwanted communication.
- Restrict the person. Many online services offer options to block, mute, hide, snooze or delete other people.
- Keep records of any posts or messages that you've received.

- Report it to the site moderators. You can also report harmful content to the national reporting centre [Report Harmful Content](#) if this hasn't worked.
- Talk to a trusted friend or family member – or someone at college.
- Contact the police if you're being threatened or abused online and you feel in danger. You can contact them online or call 101. If you are in immediate danger, call 999.

Self-harm

Self-harm

Warning – this topic might cause difficult feelings

We might self-harm for many different reasons. It might be to deal with something difficult in our lives. Or a way to try to cope with overwhelming feelings. Sometimes, we might not know why we hurt ourselves.



Growing up as an undiagnosed autistic girl, self-harm was my crutch to lean on. It was my piece of control in a world that I didn't understand – Rose, 16



How to cope

A safety plan can help manage distressing or upsetting feelings. You can use it when you have thoughts about hurting yourself.

A safety plan could list:

- Warning signs that you might self-harm
- Helpful ways to cope
- What other people can do to help
- Phone numbers of your doctor or crisis team
- You can keep it somewhere that's easy to access, like in your bag, or as a screenshot or file on your phone. Or you could stick it on your wall in a place where you can easily see it.

[Download your safety plan](#)


Suicidal thoughts

Suicidal thoughts

Warning – this topic might cause difficult feelings

Many of us think about suicide at some point in their lives, and it can happen to any of us. Letting someone know how you're feeling can be an important first step to getting help.

But it can feel hard to open up to people. You might feel:

- Unable to tell someone
 - Unsure of who to tell
 - Concerned that they won't understand
 - Fearful of being judged
 - Worried you'll upset them
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Tips on how to cope

Focus on
getting through
the next
5 minutes

Tell
someone
how you're
feeling

Calm your
body and mind

Challenge
your
thoughts

Make a
safety plan

Learn ways
to manage
difficult
feelings

Practice
being kind to
yourself

Connect
with other
people

Look after
your physical
health

Seek support
for suicidal
thoughts



How to get help

If you feel like you might attempt suicide, or may have seriously harmed yourself, you need urgent medical help.

- Call 999 for an ambulance
- Go straight to [A&E](#), if you can

Mental health emergencies are serious. You're not wasting anyone's time.

Whatever you're going through, there are people you can talk to any time. You can:

- call [Samaritans](#) on [116 123](#) (UK-wide)
- text [SHOUT](#) to [85258](#) (UK-wide)

These services are for anyone who's struggling.

They should treat you with care and respect

They're free, they're anonymous, and they're always open.



**Posters and social posts for Mental
Health
Awareness Week**

Share the campaign

Download posters and social posts to promote World Mental Health Day at your college.

mind.org.uk/mentalhealthawarenessweek



**Great mental
health care
is human**

See the person,
not the patient.

Join the campaign.

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Support is available

visit
mind.org.uk