



Health campaign calendar

May

Your monthly campaign tool kit to help promote health and wellbeing to your community.



Live Life
BETTER
DERBYSHIRE



May

National Campaigns

Mental Health Awareness May 15th - 21st.

Mental Health Awareness week is hosted by the Mental Health Foundation and this year's theme is anxiety.



Get Connected. Advice, support and signposting to help people get more connected and feel less isolated



National Smile Month. May 15th - June 15th.

Good oral health is all about prevention and getting a good regime in place. Join our Smile Squad and get advice on caring for children's teeth and gums online here.



World No Tobacco Day. May 31st.

Each year on May 31st there is a global push towards reducing the use of tobacco. Encourage your staff to quit smoking with free, local support.



Live Life Better Derbyshire - local, free, stop smoking support for Derbyshire residents. Click the box for info.



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National Campaigns

Newsletter / payslip / intranet copy

Mental Health Awareness week

It's Mental Health awareness week and this year it's all about anxiety and how to deal with it.

Anxiety is a natural human response when we feel under threat. You can experience it through thoughts, feelings and physical sensations.

Symptoms of anxiety vary but can include:

- Feeling restless or worried
- Difficulty to concentrate or sleep
- Dizziness
- Heart palpitations.

There are a few self-care tips if you are feeling anxious: Talk to someone you trust, keep a diary of how you feel, try to manage your worries, and try to get a bit more active.

While feelings of anxiety at times are completely normal, please speak to someone if anxiety is affecting your daily life or causing you distress.

If you or your loved one are experiencing distress or anxiety, or feeling that you cannot cope, the Derbyshire Mental Health helpline can be called 24/7 on 0800 028 0077

Get more advice around anxiety on the NHS website.



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We hope this toolkit is useful to you. If you have any suggestions for improvements please email colleen.marples@derbyshire.gov.uk

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