**May**



**Social media posts**

**Mental Health Awareness Week (13 – 19 May)**

It’s #mentalhealthawareness week and this year the theme is ‘Movement: Moving more for our mental health’. Did you know @DCCPublicHealth offer a free 12-week physical activity service? Find out more here: <https://www.livelifebetterderbyshire.org.uk/services/getting-active/getting-active.aspx>

A blue and white advertisement with a person doing yoga

Description automatically generated

A map with a location pin and text

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It’s #mentalhealthawareness week, and this year the theme is movement. Derbyshire Mental Health and Suicide Prevention team’s Let’s Chat map shows outdoor activity sessions and groups across Derbyshire. You can search for activities close to you [on the map here.](https://www.google.com/maps/d/u/0/viewer?ll=53.87010623392651%2C-3.4359725000000125&z=5&mid=1SllBphF97tIAmgpMeH7UrKF7f9O0ZCOy)

Find free and low-cost opportunities to connect with nature across Derbyshire including beauty spots, walks, parks and so much more. Visit @DCCMHSP Let’s Chat Derbyshire Map for locations and information. <https://bit.ly/MHPAMap>

Getting physically active can help improve your mental wellbeing. Across Derbyshire, there are lots of opportunities to take part in in outdoor exercise, from joining a group to exploring nature. Check out @DCCMHSP [Let's Chat Derbyshire Map for locations here](https://www.google.com/maps/d/u/0/viewer?ll=53.87010623392654%2C-3.43597250000001&z=5&mid=1SllBphF97tIAmgpMeH7UrKF7f9O0ZCOy)

A poster for a health care program

Description automatically generated with medium confidenceTransform your wellbeing by moving more! Moving more   
isn't just good for the body, it's a great for your mental health  
too. Check out free local groups via  
 [the Let's Chat Derbyshire map](https://www.google.com/maps/d/u/0/viewer?ll=53.870106233926556%2C-3.43597250000001&z=5&mid=1SllBphF97tIAmgpMeH7UrKF7f9O0ZCOy)  
and help improve your mental wellbeing and health today.   
#letschatderbyshire @DCCMHSP

A poster with people running and a bicycle

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Feeling low? Getting active can be a great way of meeting new friends. A double boost for your mental health! Ready to get connected? Meeting new people can help improve your mental health for more information visit [www.bit.ly/Movemorenature](http://www.bit.ly/Movemorenature) #leschatderbyshire @DCCMHSP

This year's Mental Health Awareness Week theme is all about moving more and there's lots of apps to help to get a bit more active. Why not try the NHS Couch to 5K app. Download it here: <https://derbyshire.orchahealth.com/en-GB/app/nhs-couch-to-5k/823cbb03-2ff6-46ad-8a63-99a5c32af3d6>

A blue background with white text

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This year's Mental Health Awareness Week theme is 'Movement: Moving more for our mental health' and the NHS Active Ten app can help you track how much walking you're doing. Download it here: <https://derbyshire.orchahealth.com/en-GB/app/nhs-active-10-walking-tracker/2eb35efe-cf9b-44cd-8b97-ae8ad59f5b12>

**A pink sign with white text

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**Healthier Futures**

If you’re a parent or carer of children aged 0 – 12 and would like some help to get you and your family healthier, then find out about our free Healthier Futures service. <https://www.livelifebetterderbyshire.org.uk/services/family-health/healthier-futures.aspx>

A person and child with a picture of a person and a child

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Calling all Derbyshire parents and carers – have you heard about Healthier Futures? It’s a free family support service to help you and your loved ones on the path to a healthier future. Find out more here: <https://www.livelifebetterderbyshire.org.uk/services/family-health/healthier-futures.aspx>

A person and person smiling

Description automatically generated

**World No Tobacco Day (May 31st)**

It's #WorldNoTobacco Day. If you're ready to #quit for good, then check out #LiveLifeBetterDerbyshire a FREE healthy lifestyles service. Find out more here: [www.livelifebetterderbyshire.org.uk/stopsmoking](http://www.livelifebetterderbyshire.org.uk/stopsmoking)

Logo

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It's #WorldNoTobacco Day. Live Life Better Derbyshire offers FREE support to help everyone #quit for good. Find out more online here: [www.livelifebetterderbyshire.org.uk/stopsmoking](http://www.livelifebetterderbyshire.org.uk/stopsmoking)

If you’re ready to quit for good on World No Tobacco Day, then there are some quality assured stop smoking apps that can help. Visit derbyshire.orchahealth.com and search for ‘smoking’

A group of cell phones and a computer

Description automatically generated

**National Smile Month (May 13th – June 13th)**

**All of our children’s oral health campaign assets including posters, leaflets, suggested social media copy and social media images can be** [**downloaded here**](https://drive.google.com/drive/folders/1lGNxIf_CpcxodhKRtF97mjKfUOLkMFee?usp)

Text

Description automatically generated with medium confidenceDo you want to get some advice about how to care for your little one’s teeth and gums during #NationalSmile month? Follow us and join our #smilesquad Find out more at www.derbyshire.gov.uk/oralhealth

It’s National #Smile Month and over the next few weeks we’ll be sharing tips and advice about how to keep your child’s teeth in top condition. Even the most dedicated brushers might learn a thing or two! #letstalkteeth [www.derbyshire.gov.uk/oralhealth](http://www.derbyshire.gov.uk/oralhealth) #smilesquad  
  
Graphical user interface

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It’s National Smile Month and over the next few weeks we’ll be sharing tips and advice about how to keep your child’s teeth in top condition. Plus you can sign up to receive [email top tips for caring for your teeth here.](https://public.govdelivery.com/accounts/UKDCC/signup/32511)

**You can also download national Oral Health Foundation Smile Month assets here:** [**www.dentalhealth.org/smilemonthdownloads**](https://www.dentalhealth.org/smilemonthdownloads)

**Exam season (GCSEs, A levels and AS levels run May 9 – June 25)**

**A black and orange sign

Description automatically generated**If you, or someone you know, are studying for exams right now then it can be a challenging and stressful time. Kooth offers free, anonymous support and you can download their handy app here: https://derbyshire.orchahealth.com/en-GB/app/kooth/2d8ed883-6cb8-4d4c-87f1-  
69f52def531c

**Newsletter / intranet / payslip letter messaging**

**Mental Health Awareness week (May 15th – 21st)**

Exam time can be hard, and it can feel relentless. If you, or someone you know, are struggling then Kooth offers free, anonymous support and you can download their handy app here: https://derbyshire.orchahealth.com/en-GB/app/kooth/2d8ed883-6cb8-4d4c-87f1-69f52def531c

**A purple and black rectangular object with text

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A poster with a picture of a person holding a child

Description automatically generated**Maternal Mental Health Week**

It’s Maternal Mental Health Week from April 29 – May 5. This year’s theme is Rediscovering You.

[**Find out more online here.**](https://maternalmentalhealthalliance.org/about-maternal-mental-health/maternal-mental-health-awareness-week/)[**Assets can be downloaded from their google drive here.**](https://drive.google.com/drive/folders/1RbEajKZX2InCh907MbSYdxoqVceRQA9g)

**Bump in the Road - perinatal mental health campaign**

To coincide with Maternal Mental Health Week, Derbyshire Community Health Services are launching their perinatal mental health campaign – Bump in The Road.

**You can download the** [**Bump in the Road campaign assets here.**](https://drive.google.com/drive/folders/1Mh1WHgeUQBIIBYWKKzIGM8DgHwDm8X1w)

There are podcasts from parents and professionals about common worries you might have during pregnancy and after your baby is born, plus social media assets and videos.

**A pregnant person holding her belly

Description automatically generatedA person and person holding a baby

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**Newsletter**

Mental Health Awareness Week runs from 13 – 19 May and this year’s theme is ‘Movement: Moving more for our mental health’.

Being active is important for our mental health. But so many of us struggle to get enough exercise.

We know there are many different reasons for this, so this Mental Health Awareness Week we 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!

Did you know that Derbyshire County Council offers a free 12-week physical activity service. Find out more at [www.livelifebetterderbyshire.org.uk/gettingactive](http://www.livelifebetterderbyshire.org.uk/gettingactive)

You can also download health and wellbeing apps like Coach to 5k from our quality assured apps library here: derbyshire.orchahealth.com

If you, or someone you know, is struggling with their mental health then the Derbyshire Mental Health helpline is open 24/7 on 0800 028 0077.