

## Mental Health Awareness Week

Staff and students celebrated Mental Health Awareness Week, at Cambian Wing College. Mental Health Awareness Week 2024 took place from 13th to 19th May and focused on the benefits of moving more for our mental health.



For Wear It Green Day- Staff and Students wore Green, and cooked green desserts - Mint muffins



As the theme for this years Mental Health Awareness Week was movement, Staff and Students took part in a rowing challenge, which was great fun.

Well Done everyone at CWC!

Every year, 1 in 4 of us will experience a mental health problem.

But too many of us aren't getting the help we need.

Over 2 million people are waiting for NHS mental health services, and since 2017 the number of young people struggling with their mental health has nearly doubled.

Being physically active is great for our bodies and our minds. Exercise has been proven to reduce anxiety and depression, and it can help us to prevent physical illnesses.

[mentalhealth-uk.org/movement](https://www.mentalhealth-uk.org/movement)