

# Five Ways, Five Days.

mhaw.nz  
18–24 Sept

Kia ora,

Want to get your whānau, colleagues and friends involved in Mental Health Awareness Week, but not sure where to start? Ka pai, you've come to the right place!

This resource is full of tips to help you activate MHAW by running a community event. By running an event for MHAW, you're helping the Mental Health Foundation to raise awareness about the importance of taking care of our mental health and wellbeing, and creating a space for people to come together, connect, learn and share during the week.

## Sign up for updates

If you're reading this, it's likely you already are signed up for MHAW updates – but if not, be sure to sign up with your email address [here](#). In the lead up to and during the week we send regular updates to help you plan for the week, including resources, stories, sharing events across the motu and more.

## Theme

This Mental Health Awareness Week (MHAW) the theme is **'Five Ways, Five Days'**. We're focusing on the **Five Ways to Wellbeing** to give us a set of proven tools to boost our mental health when we need it. These practices are backed by evidence and can be easily incorporated into anyone's life, at any time.

Put the **Five Ways** into practice this Mental Health Awareness Week. Take notice/Me aro tonu. Give/Tukua. Be Active/Me kori tonu. Connect/Me whakawhanaunga. Keep Learning/Me ako tonu.



## Resources

We have a range of resources to help you activate your event:

- Order a [MHAW resource pack](#) which includes printed posters and more. Orders close 8 Sept.
- Download the MHAW guide, poster sets, email signatures and Zoom backgrounds, colouring templates and lots more!
- Browse the Mental Health Foundation [webstore](#) for additional resources and information.



## Activities

- Try our [Kōrero Card Set](#) activity.
- Run the [Five Ways to Wellbeing quiz](#).
- Print off our [colouring template](#) and encourage people to take a moment for themselves with some mindful colouring. Tamariki can enter our [colouring competition with this template](#).
- Check out the [MHAW Guide](#) for daily activity ideas.

## Promoting your event

Spread the word about your event by:

- Submitting your event to MHAW [‘What’s On’](#) calendar.
- Using the [MHAW digital assets](#) such as social media tiles and email signatures.
- Sharing your event on your own social media profile, or to online community pages, groups or newsletters.
- If you are running a community event, contact your local newspaper or radio station to let them know. It might be that they can add it to their own What's On section, or showcase it as part of a MHAW story.

When promoting your event, it’s helpful to include details such as the location, date, time, contact details and a description of what will happen at your event. You can also include the below key messages to provide people with an overview of MHAW.

## Key messages you can include in your communications

- Mental Health Awareness Week (MHAW) is on 18–24 September and the theme is ‘**Five Ways, Five Days**’.
- Mental Health Awareness Week is an important reminder that we all go through ups and downs in life and that’s okay. There are simple things we can all do to help us cope when things feel tough.
- This year’s Mental Health Awareness Week focuses on the **Five Ways to Wellbeing**, a set of simple actions that can benefit everyone. These practices are backed by evidence and can be easily incorporated into anyone’s life, at any time.
- Put the **Five Ways** into practice for the **Five Days** of Mental Health Awareness Week. Take notice. Keep Learning. Give. Be Active. Connect.
- Head to [mhaw.nz](https://mhaw.nz) to find out more.

Below are a few extra things to consider before you commence your event:

- For some people, MHAW might bring up some sadness or distress. If you’ve had a kōrero with someone at the event and you think they need further tautoko, or if you’re worried about yourself, it’s okay, there is help available. Check out our ‘how to have a safe and supportive kōrero’ guide [here](#) – you may like to print copies to have on display at your event.
- Events like this may prompt people to share their personal lived experience story. To ensure that people are sharing their stories safely, we recommend checking out the ‘how to tell your lived experience story safely’ [resource](#) and sharing it with those who might find it helpful.
- Whilst MHAW is about promoting wellbeing and positive mental health, we know many use the week to shed light on mental illness and suicide prevention. If this is you, we recommend using our [guidelines here](#).
- For additional support, we have a list of [helplines](#) that offer support, information and help for you and your whānau and friends.