

The Power of Community: Connection for Better Mental Health



Mental Health Awareness Week

Neil Shah



HOW MANY OF YOU...

HOW MANY OF YOU

**...UNDERSTAND THE IMPORTANCE OF
COMMUNITY AND THE ROLE IT PLAYS IN
BETTER MENTAL HEALTH?**

**...ARE INTERESTED IN LEARNING HOW
COMMUNITY PLAYS A ROLE IN
ENCOURAGING BETTER MENTAL HEALTH?**

**...DO NOT UNDERSTAND AND ARE NOT
INTERESTED IN THE IMPORTANCE OF
COMMUNITY AND THE ROLE IT PLAYS IN BETTER
MENTAL HEALTH?**

THIS SESSION IS BEING RECORDED...

[● REC]

**RECORDING IN
PROGRESS**

*THIS SESSION IS BEING RECORDED AND WILL BE
AVAILABLE AFTER THE EVENT AT*

 www.stress.org.uk/public

ABOUT US

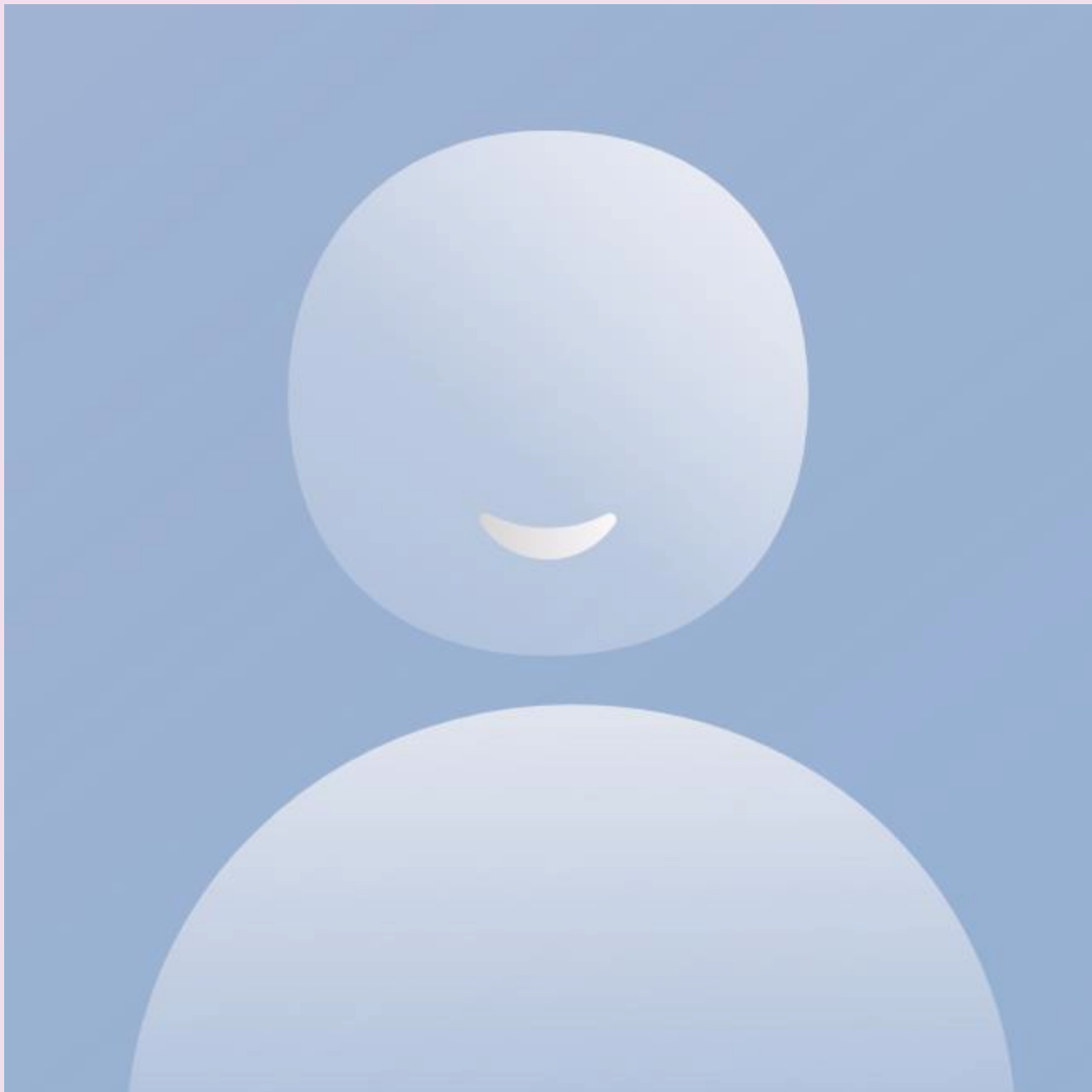
The Stress Management Society is a non-profit organisation dedicated to helping individuals and companies recognise and reduce stress. We are a small organisation in West London who have been dedicated to leading effective universal change with our passionate approach to recognising and reducing stress and promoting wellbeing since 2003.




International Wellbeing Insights is the research and consultancy arm of The Stress Management Society.

Our vision is to create a **happier, healthier** and more **resilient** world.

DONATE TO STRESS MANAGEMENT SOCIETY

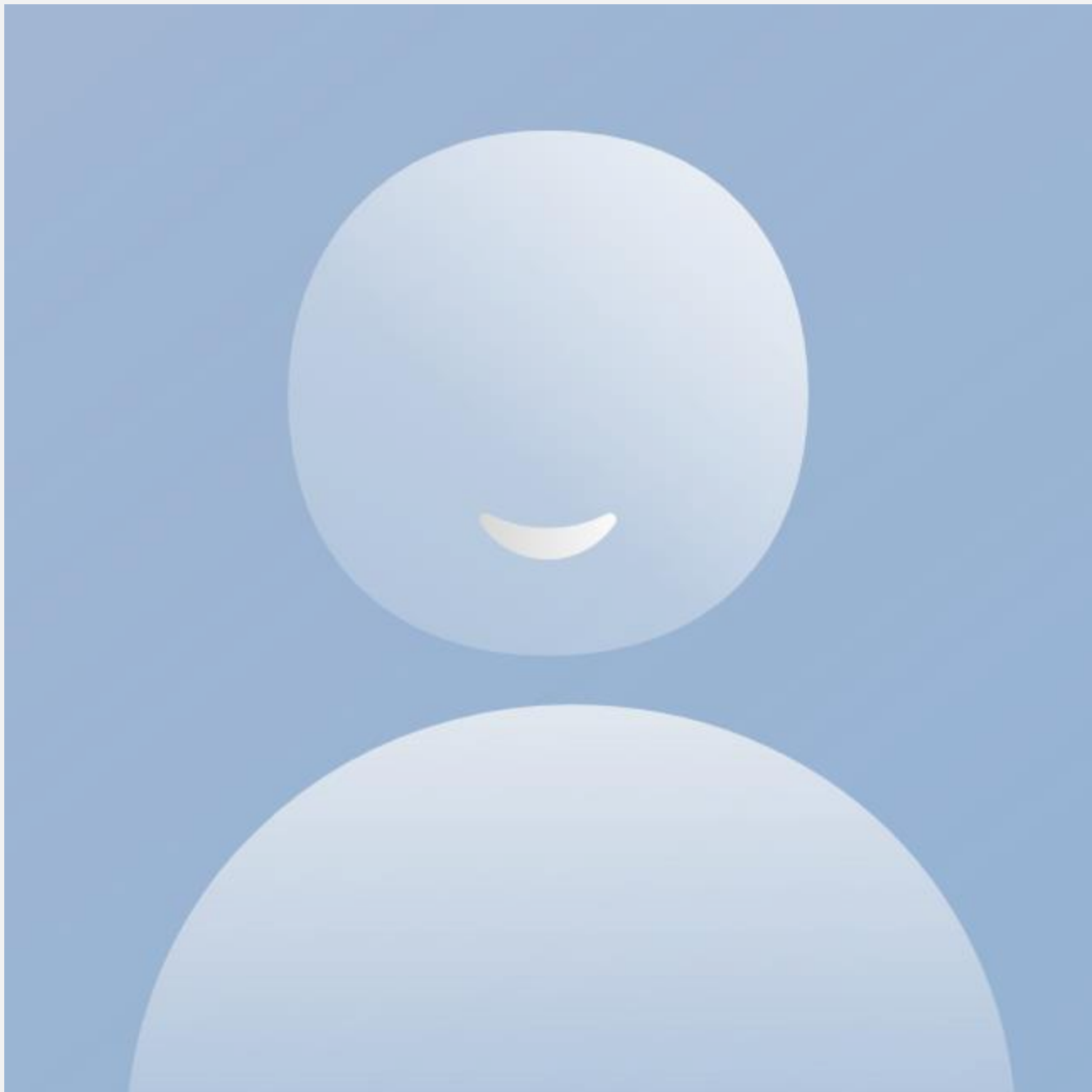


Donate to 
The Stress Management Society



We absolutely love providing these webinars
and resources to you and your support means
the world to us!

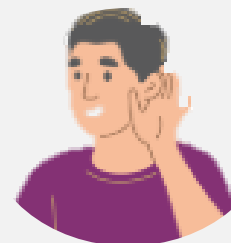
HOW TO USE THE WORKSHOP



Cameras on please – this is not a lecture; this is an **interactive workshop**. The content has been written to move on when you participate.



Questions will be asked throughout the session, **please get involved** on the microphone and the chat section. This is not the facilitator's session, it's everyone's session! Put your hand up or make a request to share on the mic using the chat.

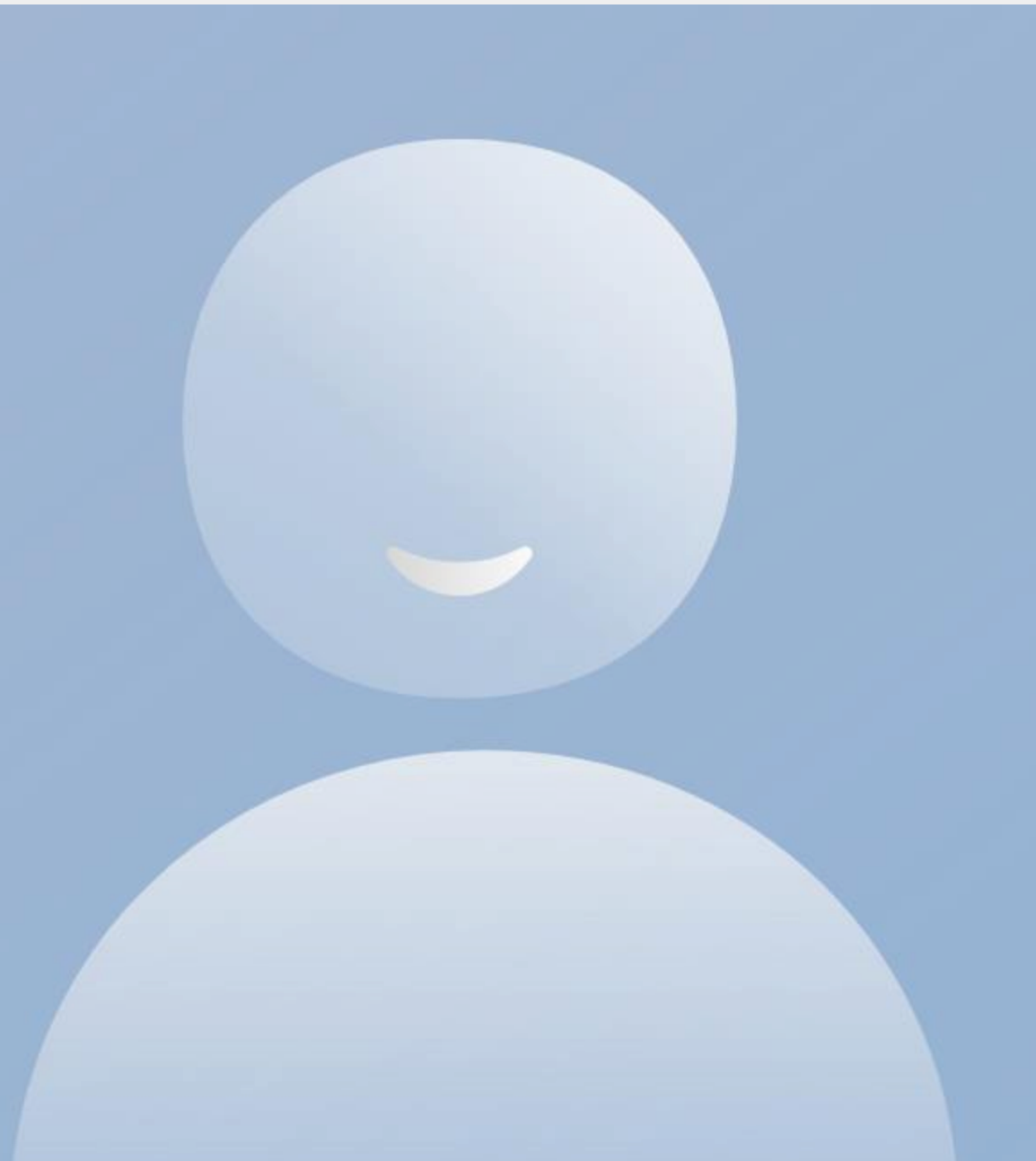


There will be opportunities to participate – so... we need to hear from you!



Please **feel free to ask questions, share experiences, disagree, seek clarification, tell me to slow down** - whatever you need at any time.

GROUND RULES: CREATING A TRUSTED SPACE



BE ON TIME

BE HERE NOW:
NOT BE HERE SOMETIMES

HONESTY & RESPECT

LIMIT DISTRACTIONS:
TECH OFF OR ON SILENT

**KEEP AN OPEN
MIND**

SAFEGUARDING

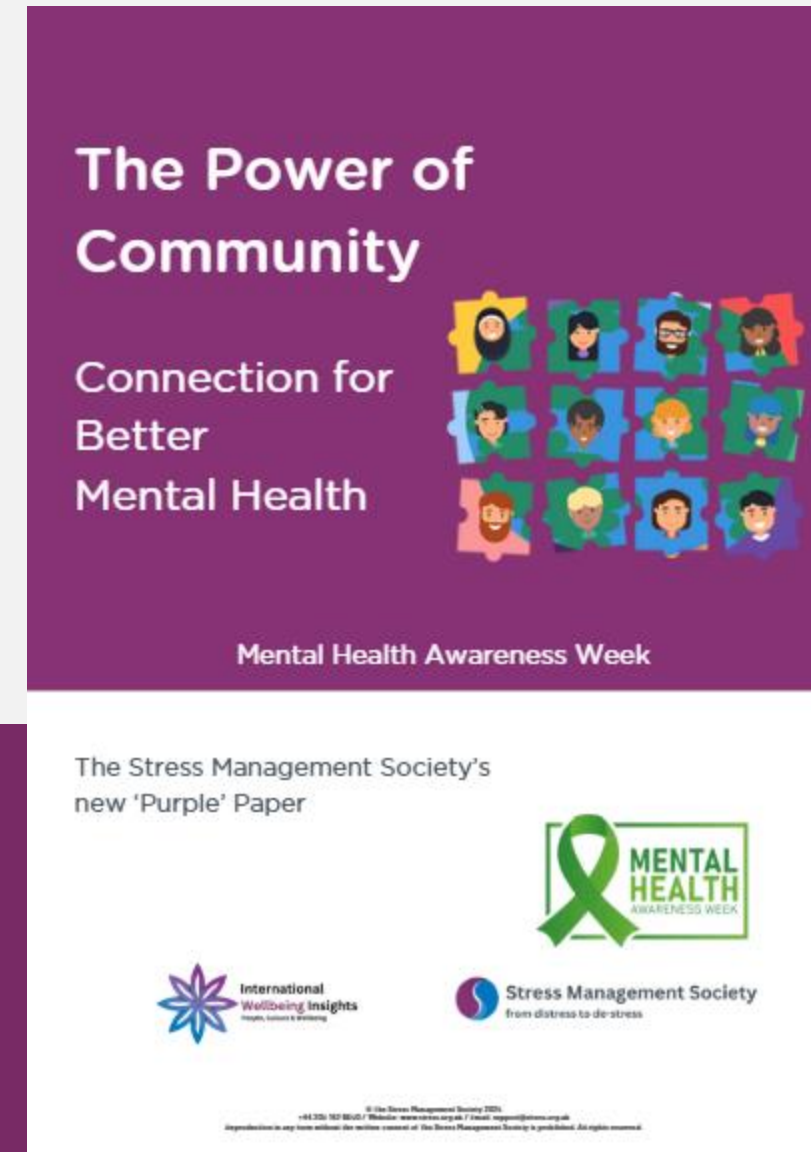
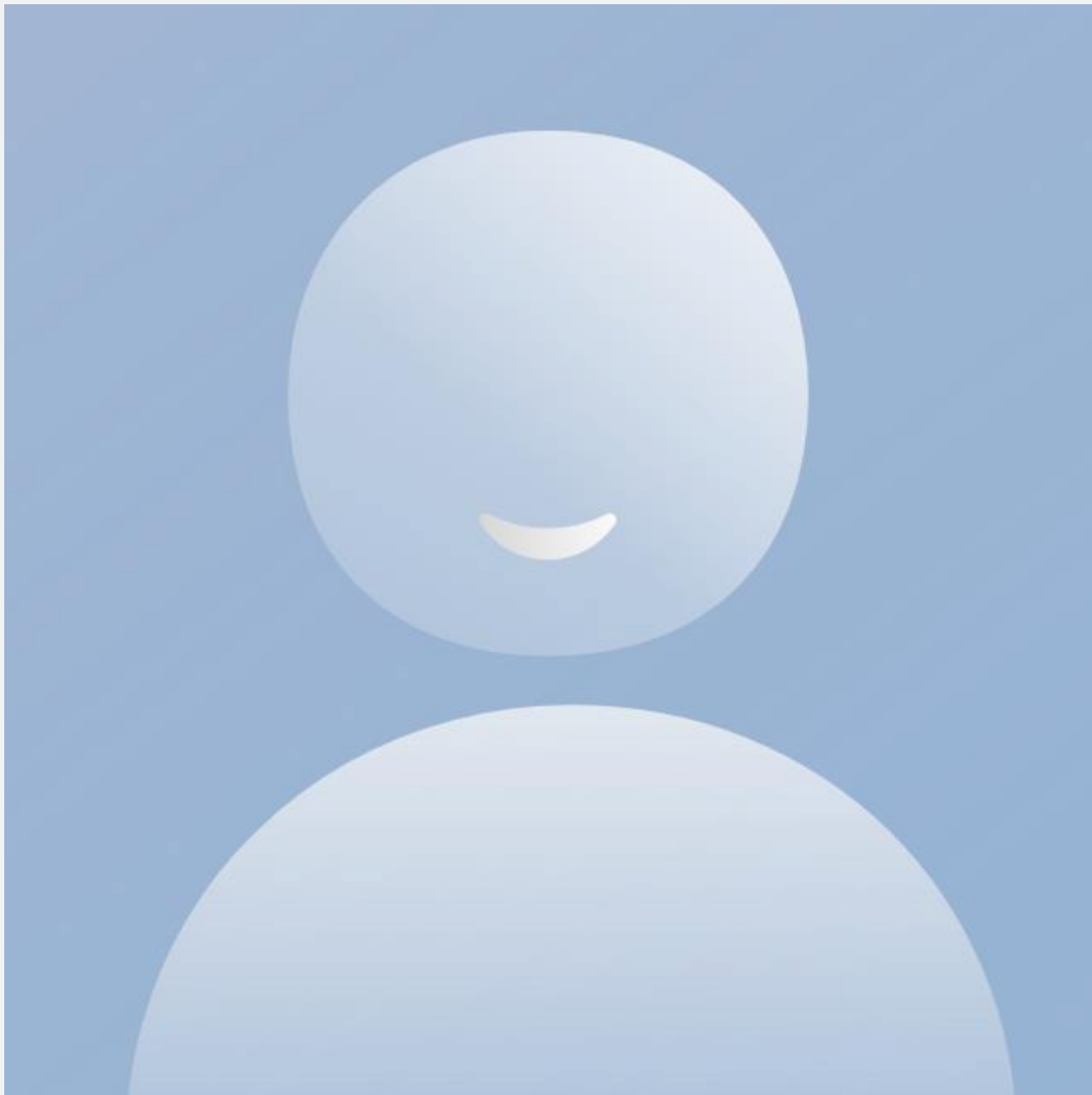
PARTICIPATION:
WHAT YOU PUT IN IS WHAT YOU
GET OUT

**USING 'I...'
STATEMENTS**

CONFIDENTIALITY

Please feel free to add more in the
chat section...

FURTHER RESOURCES TO SUPPORT THIS SESSION

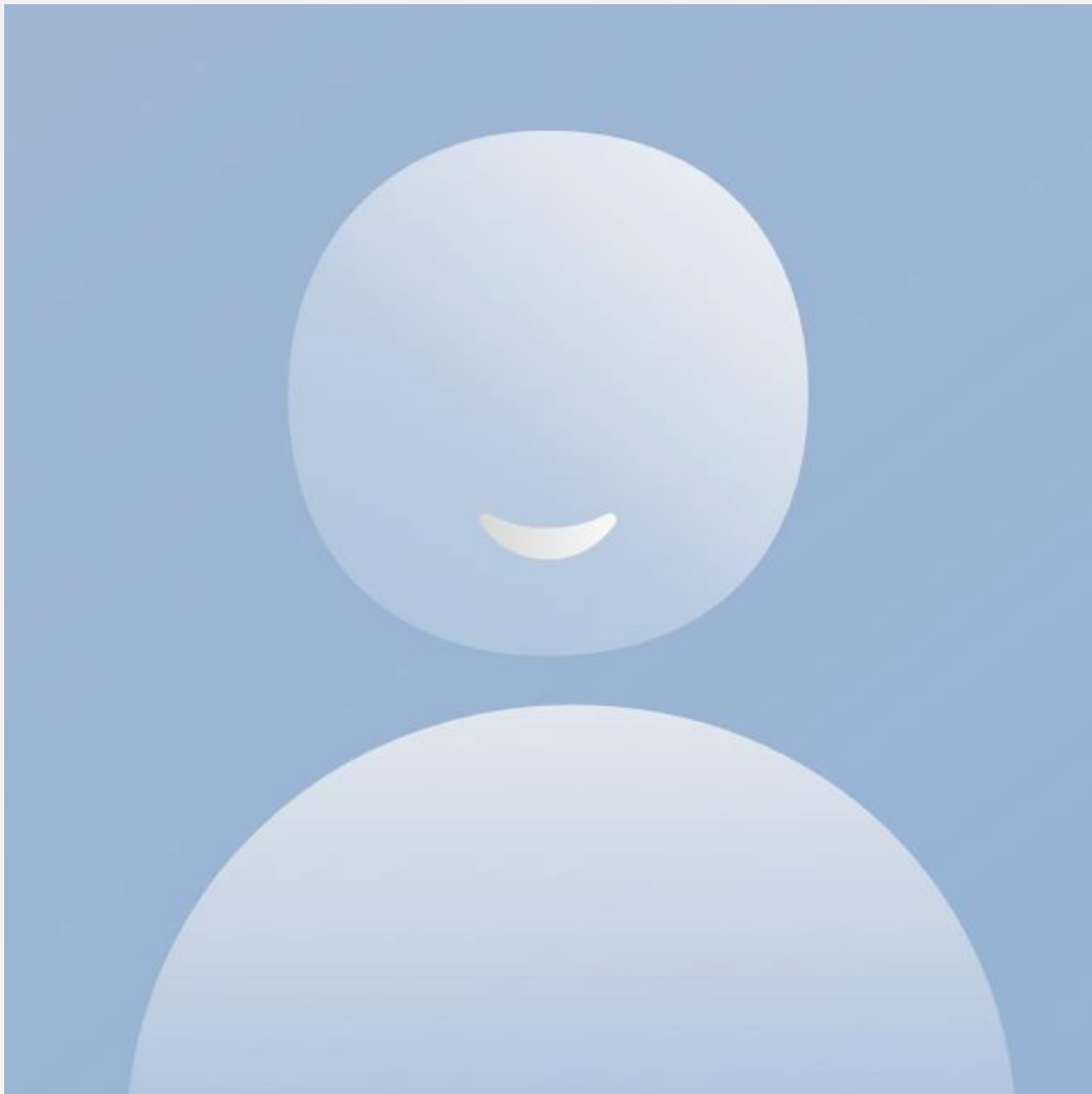


www.stress.org.uk/mhacommunity

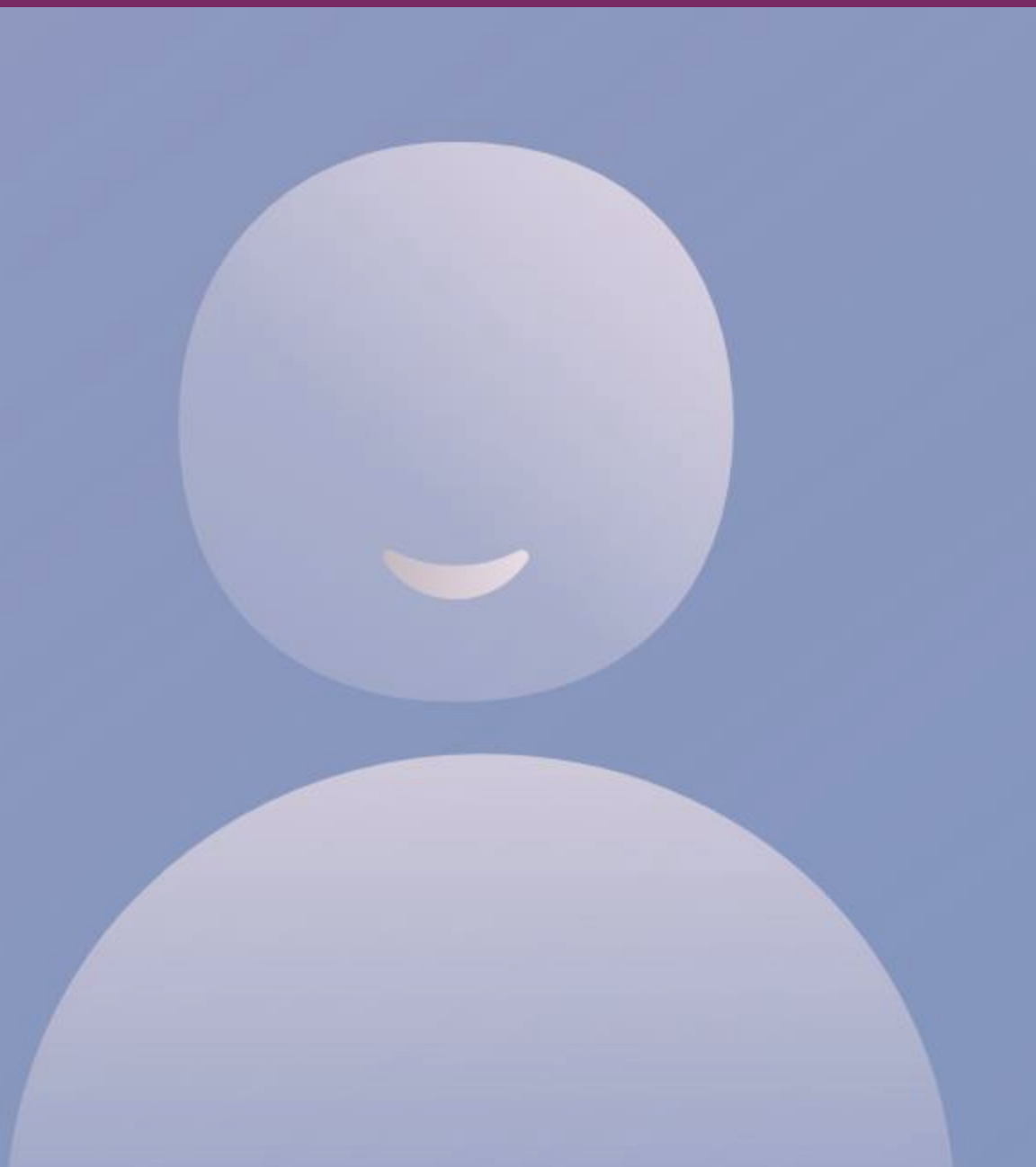
MENTAL HEALTH AWARENESS WEEK



MENTAL HEALTH AWARENESS WEEK



'COMMUNITY' FOR BETTER MENTAL HEALTH



WHY

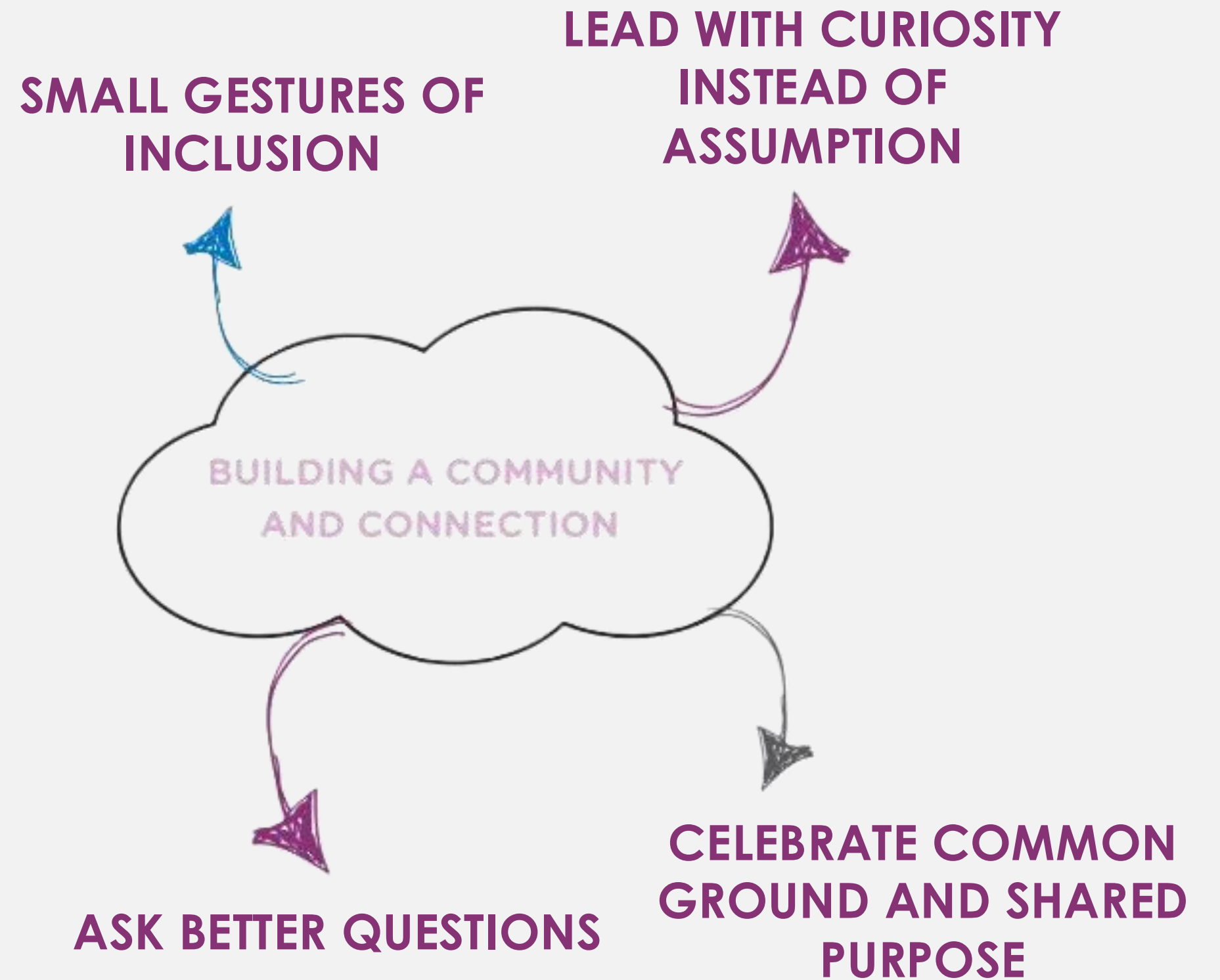
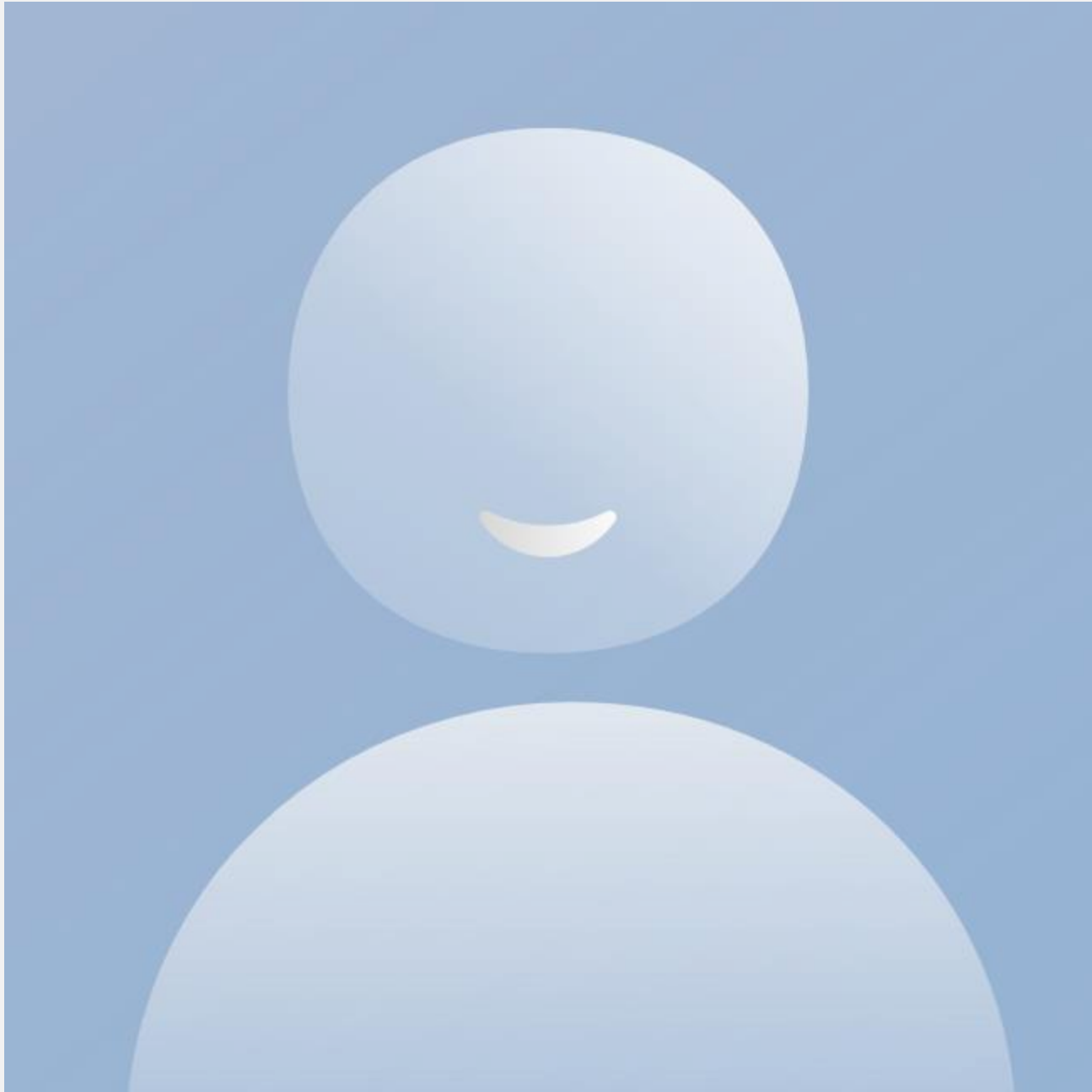
IS 'COMMUNITY' IMPORTANT FOR BETTER MENTAL HEALTH?

WHAT

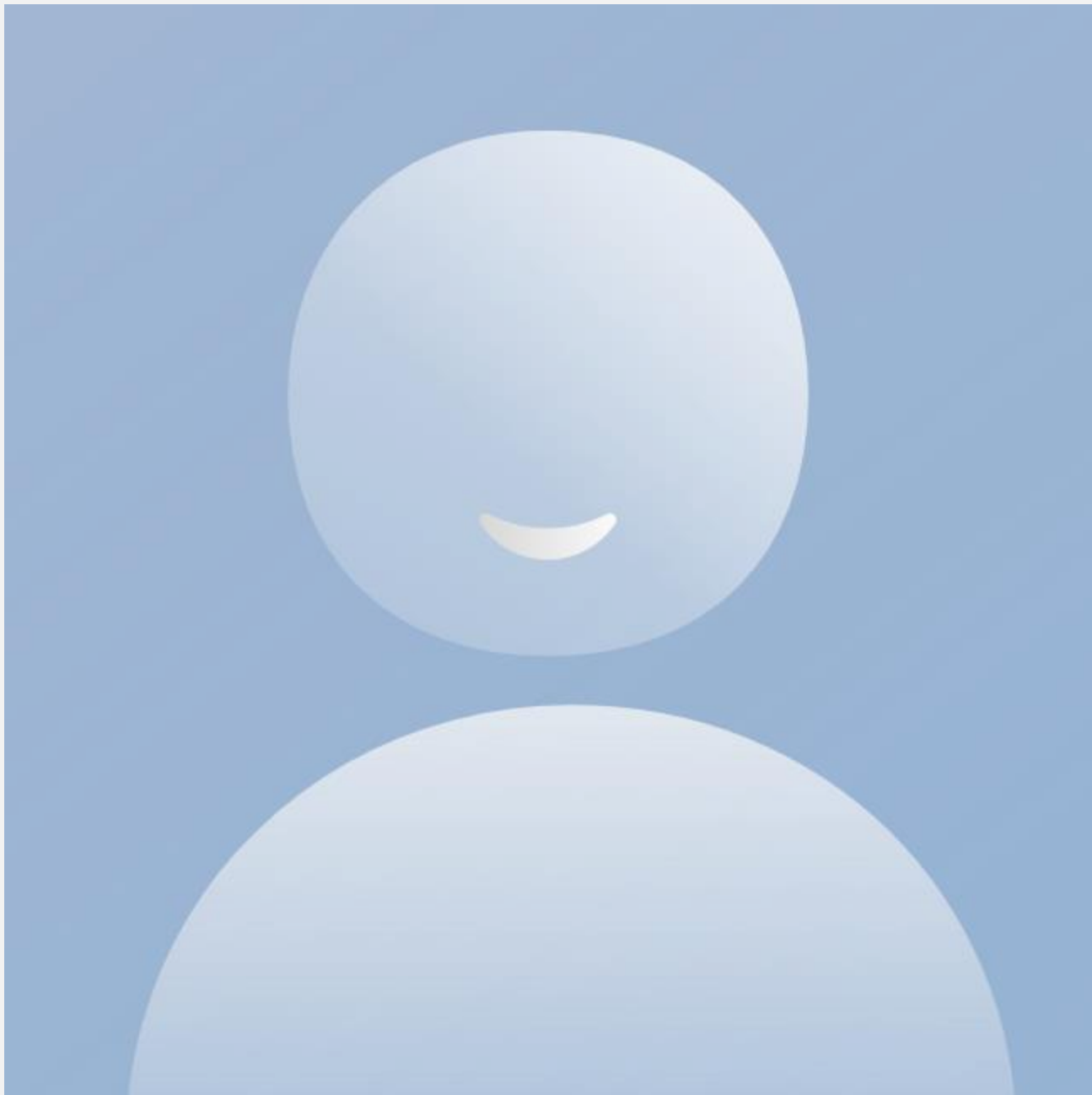
BARRIERS PREVENT AUTHENTIC CONNECTION WITHIN A COMMUNITY?

ANSWER IN THE CHAT SECTION OR ON THE MIC

OVERCOMING THE BARRIERS



A.C.T. FOR DEEPER CONNECTIONS



AUTHENTICITY

CONNECTION

TOPIC

TAKING ACTION

HOW MANY OF YOU

**...WANT TO DEVELOP DEEPER CONNECTIONS TO
CREATE HEALTHIER COMMUNITIES?**

...HOW MANY OF YOU WANT TO BE THE
CHANGE THAT CREATES HEALTHIER
CONVERSATIONS AROUND MENTAL HEALTH?

**...WANT TO BRING INTENTION INTO YOUR
CONVERSATION?**

ANSWER IN THE CHAT SECTION OR ON THE MIC

TAKING ACTION

WHAT WILL YOU DO TO

...DEVELOP DEEPER CONNECTIONS TO CREATE HEALTHIER COMMUNITIES?

...BE THE CHANGE THAT CREATES HEALTHIER CONVERSATIONS AROUND MENTAL HEALTH?

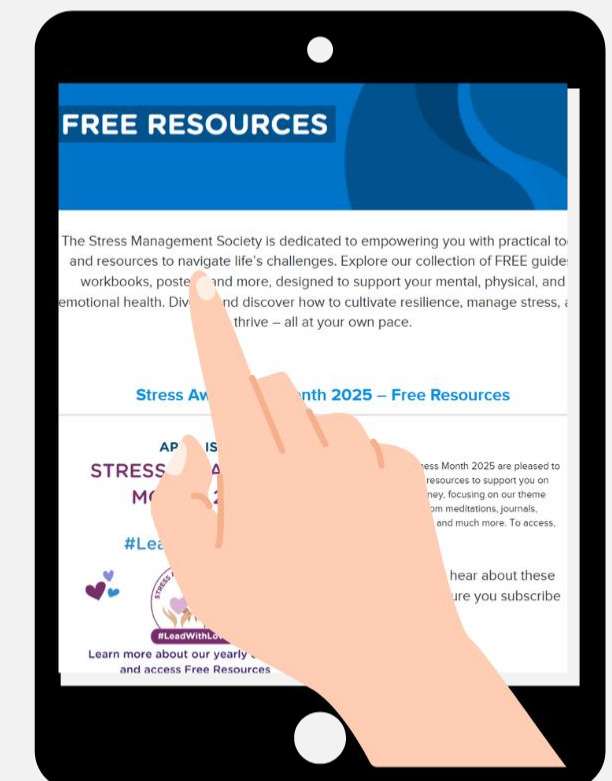
...BRING INTENTION INTO YOUR CONVERSATION?

ANSWER IN THE CHAT SECTION OR ON THE MIC

CHECK OUT OUR FREE RESOURCES

HAVE A LOOK ON OUR
WEBSITE FOR A RANGE OF
FREE RESOURCES!

 www.stress.org.uk



JOIN OUR NEW PEOPLE, CULTURE AND WELLBEING FORUM

Are you a HR, Health and Safety Professional or Workplace Wellbeing Specialist?

Join our exclusive *People, Culture and Wellbeing Forum.*

Click the **link in the chat** and be part of our global community dedicated to enhancing the workplace culture around the world.

Sign up now for newsletters, webinars and further insights on workplace wellbeing so we can thrive together!

SIGN UP TO OUR WEEKLY NEWSLETTER

SIGN UP

**Stress Buster
Newsletter**



MENTAL HEALTH CHAMPIONS

LEARN MORE ABOUT SAFEGUARDING,
SIGNPOSTING AND SUPPORT



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[Our Courses \(wellbeingprotect.com\)](https://wellbeingprotect.com)

WAS THIS SESSION BENEFICIAL?

IF THIS SESSION WAS
BENEFICIAL PLEASE
LEAVE US A GOOGLE
REVIEW



NEW EMPLOYEE ASSISTANCE PROGRAMME SUPPORT



EMAIL
info@stress.org.uk
TO REQUEST OUR
FREE EAP
PURPLE PAPER

CONTACT US FOR A
FREE EAP REVIEW
DISCUSSION

NEED TO TALK? SUPPORT RESOURCES

SAMARITANS

CALL: 116

This is a **free listening service for whatever you are going through**. No matter what, someone will be there to help talk through any distress you feel you want something to talk

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THE SILVER LINE

0800 470 80 90

This **free helpline for older people** across the UK is open every day and night. Staff offer information, friendship and advice as well as linking callers to local groups and services.

MIND

www.mind.org.uk

Call: 03001 233393 (09.00-18.00)

Text: 86463

Mind provide **advice and support** to empower anyone who might be experiencing **mental health problems**. They have a range of services including supported housing, crisis helplines, drop-in centre, counselling and befriending

C.A.L.M. (CAMPAIGN AGAINST LIVING MISERABLY)

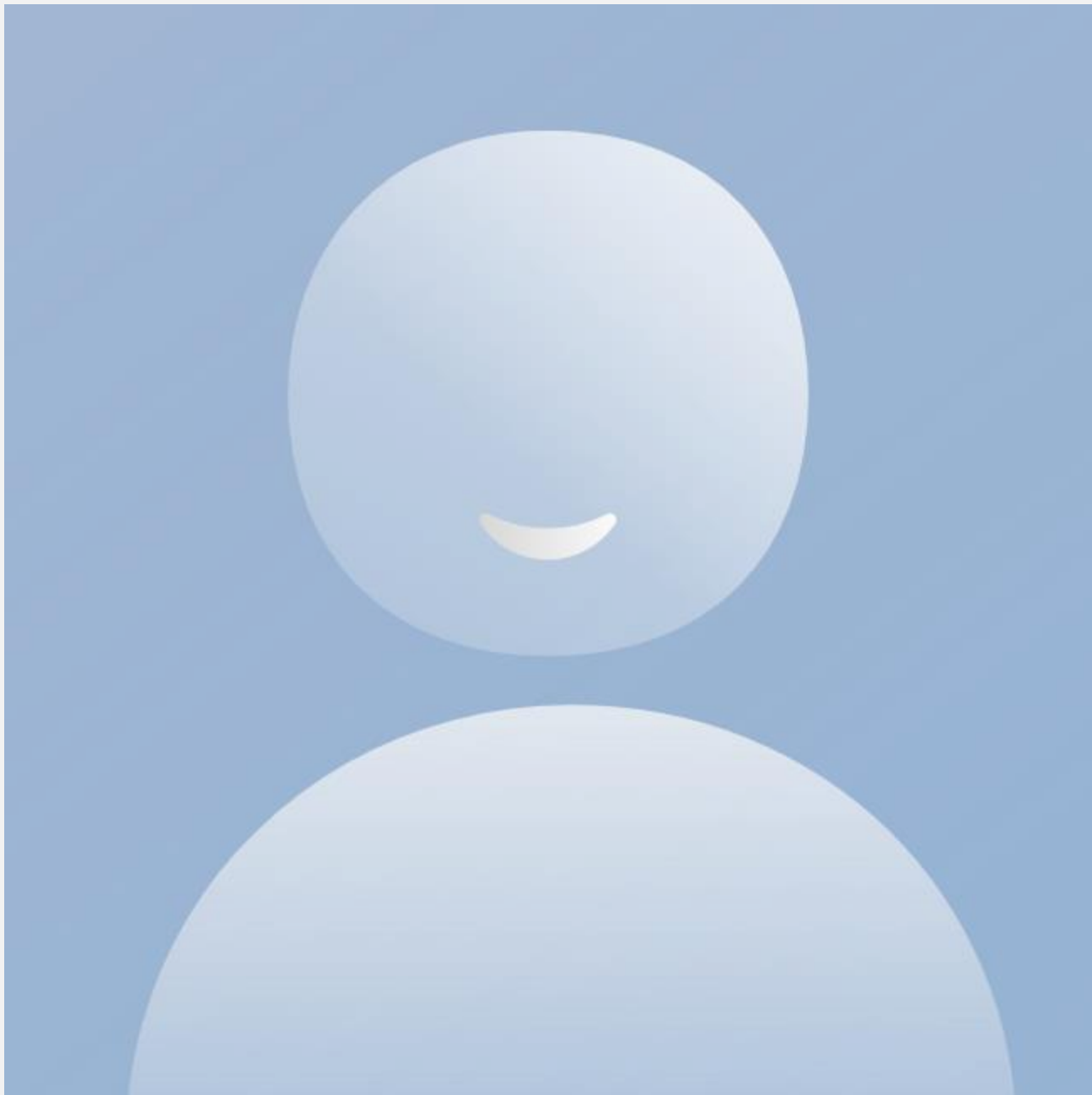
www.thecalmzone.net/help/get-help/

CALL: 0800 58 58 58 (5PM – MIDNIGHT, DAILY)

This campaign aims to help anyone who may have hit a wall for any reason at all and want to talk to someone or find information and support

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MONTHLY FREE WEBINAR



WELLBEING IN FULL BLOOM: USING
THE SEASON TO RECHARGE

Public Webinar

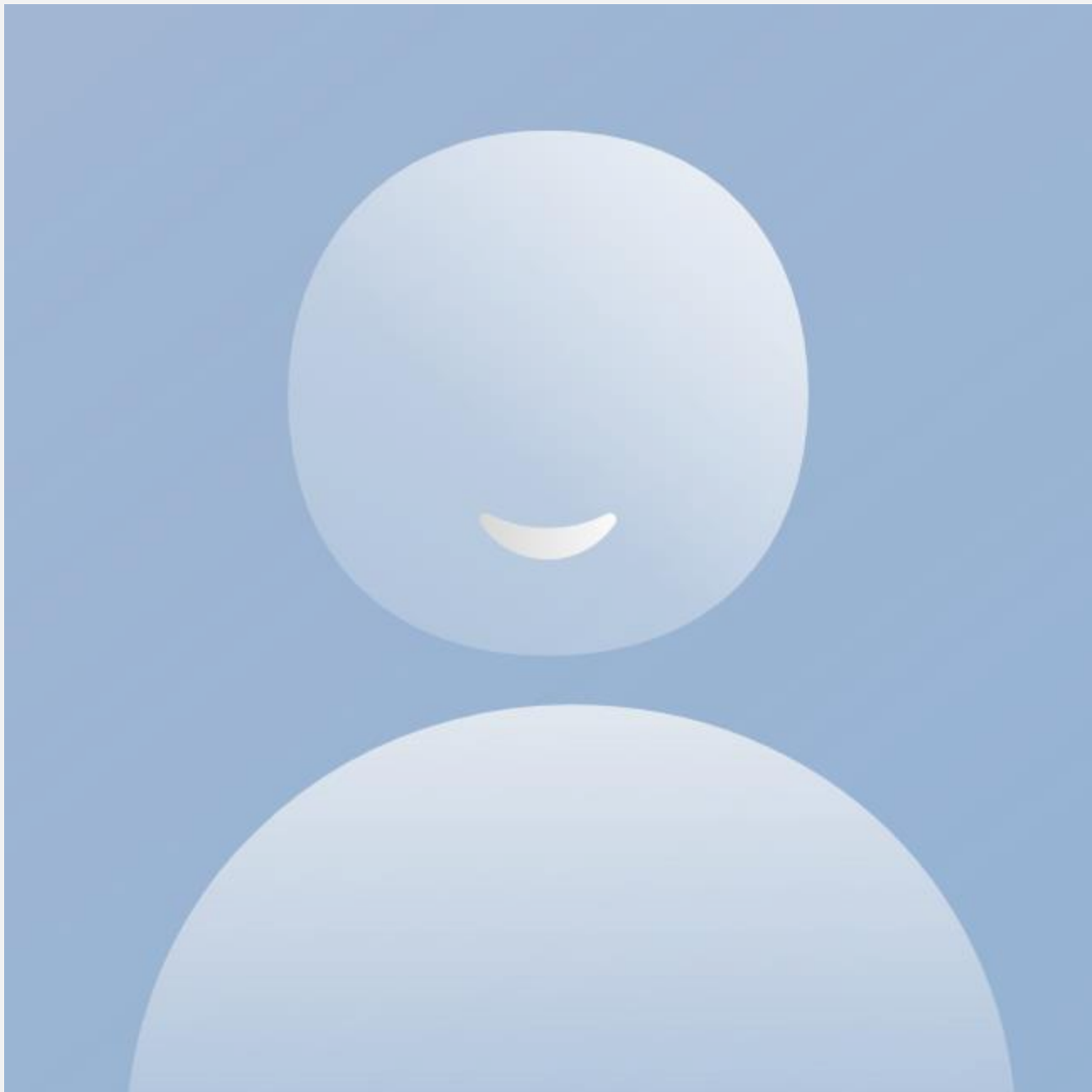
Neil Shah

18th June 2025

1-2PM BST

[Register today](#) [Teams Link](#)

WHAT DO YOU NEED TO ASK BEFORE WE END THE SESSION?



Answer In The Chat Section...

THANK YOU!

We look forward to supporting your wellbeing



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