

Raising Awareness around Mental Health.

1st March—Self Injury Awareness Day.

SIAD is an international event that aims to reduce the number of people struggling in silence. Raising awareness of self-injury is important, it leads to understanding and empathy and helps to banish fear and judgement. It is about educating people who do not self-harm and reaching out to those who do.

Find out more about self-harm and what you can do to help- <https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/>

1-7th March—Eating Disorders Awareness Week.

Eating disorders awareness week is an international awareness event. It helps to fight the myths and misunderstandings that surround anorexia, bulimia, binge eating disorders and OSFED (Other specified feeding or eating disorder). This is a video by Beat, they have chosen binge eating disorder for the awareness theme of 2021 and how to raise more awareness around this. <https://youtu.be/ZDAz6JTowxg>

Find out more about eating disorders and what you can do to help— [Beat | The UK's Eating Disorder Charity \(beateatingdisorders.org.uk\)](https://beateatingdisorders.org.uk)

30th March—World Bipolar Day.

WBD is to bring awareness to Bipolar disorders and help eliminate social stigma. Through international collaboration, the goal is to bring information about bipolar disorders that will educate and improve sensitivity towards the illness. Bipolar disorder can affect how you feel, your mood can change between periods of depression and periods of mania.

Find out more about bipolar and what you can do to help—<https://www.rethink.org/get-involved/awareness-days-and-events/world-bipolar-day/>

Helplines;

Beat—0808 801 0677.

Samaritans—116 123.

Childline—0800 1111