



## MENTAL HEALTH AWARENESS WEEK

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**10 – 14 May 2021**

With Mental Health Awareness Week in full flow, Menzies is pledging its commitment to opening up the conversation around mental health.

Perhaps like no other, this year has tested the mental health of us all and has enabled more open acknowledgment that mental ill health is something that affects many of us and our families, friends and colleagues.

Between 10-14 May, Menzies is running a varied programme for employees to raise awareness of how we can look after our mental health. Amongst other things we are running a virtual training session on how to 'spot the signs' of mental ill health, celebrating the benefits of exercise with a DanceFit session delivered by one of our very own colleagues and producing a video reflecting on lessons learned through the pandemic and how these can be turned to positive use in the future.

All the while we have remembered to embrace this year's theme of 'Nature', in concert with our recent gift to all staff of a financial contribution to purchase a plant for their indoor or outdoor enjoyment.

This week also provides an opportunity to celebrate and to show our gratitude for the brilliant work that our dedicated Better Place to Work team and Mental Health First Aiders are doing to support employee wellbeing at Menzies.



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[menzies.co.uk](https://menzies.co.uk)