

CARMS Newsletter

Cognitive Approaches to CoMbatting Suicidality



CARMS
Talking therapy for suicidality



Hello everyone!

It's mental health awareness week (18th-24th May 2020)!

Mental Health Awareness Week

The theme for Mental Health Awareness week in 2020 is **kindness**.

Small acts of kindness can go a long way in helping everyone cope with our current situation. Mental health.org.uk outline research that highlights kindness can reduce levels of stress and anxiety. More can be found on their website www.mentalhealth.org.uk

This year, the NHS are encouraging everyone to show kindness in all aspects of life. They are asking all to reflect on an act of kindness and to help share your stories and pictures (with permission) of kindness during the week using

#KindnessMatters as a hashtag.

Similarly, Mind are also encouraging you to **#SpeakYourMind** and reach out to someone who needs a friend with a positive message, or share with them your own tips for coping to make sure they don't have to face this pandemic alone.



NHS also outline the 5 steps to mental wellbeing:

1. Connect with other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Pay attention to the present moment (mindfulness)

Links

<http://research.bmh.manchester.ac.uk/healthpsychology/>
<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>
<https://www.nhs.uk/conditions/coronavirus-covid-19/>
<https://www.mind.org.uk/>
<https://www.anxietyuk.org.uk/>

COVID-19 research

At the start of the COVID-19 pandemic, colleagues at the University of Manchester have been working on projects relating to mental health and COVID-19. There is a rapid response team involving the university and key NHS and social care partners across Manchester which is prioritising research on the effects of COVID-19 on mental health. For example, exploring psychological reactions to self-isolation and the experiences of COVID on mental health of staff and patients.

Acts of kindness


There have been so many acts of kindness in recent weeks from small/large businesses donating food and supplies, to individuals raising money with incredible actions to help key workers and the communities who are being most impacted by COVID-19. We are sure you all saw 100 year old Captain Tom Moore, a war veteran, who raised more than £32m for by completing 100 laps of his garden before his 100th birthday in April!

Clap for Carers

Every Thursday evening (8pm) thousands of people join the UK-wide Clap for our Carers event with a huge round of applause to thank doctors, nurses, pharmacists carers, and other key workers helping those affected by coronavirus.

We hope everyone is keeping well and staying safe!

MAY IS 2
MENTAL 0
HEALTH 2
MONTH 0

- CARMS has a website—please see: <http://sites.manchester.ac.uk/carms/>
- And a blog site: <https://sites.manchester.ac.uk/carms/blog/>
- Keep up to date on Twitter  [@CARMSProject](https://twitter.com/CARMSProject)