



Guernsey Mind's Community of Practice for Bailiwick MHFAiders®

Mental Health Awareness Week – Action

Tuesday 5th May 2026

Facilitator: Louisa Mace

Guest Speaker: Amanda Hibbs – Comms & Events, Guernsey Mind

Session Type: Presentation and interactive discussion

Session Introduction

To align MHFA Community of Practice members on **Mental Health Awareness Week (MHAW) 2026**, its theme (**Action**), and practical ways individuals and workplaces can participate and promote support.

- **Mental Health Foundation (MHF) overview** - UK-wide charity (all four nations) working across programmes/partnerships, research, policy & advocacy, and public engagement campaigns.
- **Mental Health Awareness Week** - started by MHF in 2001; aims include tackling stigma, improving understanding, and signposting help and support.
- **2026 theme: “Action”** - tagline discussed: action for yourself, for someone else, for all of us. Key message: awareness is important, but change comes through practical action and prevention.
- **Examples of “action” in workplaces** - small, achievable self-care actions (e.g., taking a 10-minute break outside); speaking up when someone is “not their usual self”; creating safe opportunities for conversation (e.g., walking side-by-side rather than face-to-face across a desk).
- **Normalising conversation** - lunchtime sessions/webinars or people sharing lived experience (where appropriate) can improve learning and reduce stigma.
- **Holistic health** - mental and physical health are interconnected; activities like walking and beach cleans support both.

Guernsey Mind updates (Comms & Events)

- Guernsey Mind will share MHAW content on social media, using MHF assets/action lists and adapting them for local relevance.
- Media have been notified that MHAW is coming up; press may request quotes.
- Support requested: attendees encouraged to like/share posts, tag Guernsey Mind in workplace activity posts (photos/videos), and help staff Guernsey Mind stands at events (even 30 minutes helps). MHFAiders are particularly helpful for supportive conversations at events.
- Summer events calendar is busy this year – Seafront Sunday, Sunrise Walk of Hope, West Show, North Show, 10k Challenge, Channel Island Pride.
- Looking ahead: 2027 will be Guernsey Mind’s 50th anniversary—ideas welcomed. A “flag day” was suggested as one possible activity.
- Events: contact Amanda Hibbs <amanda.hibbs@guernseymind.org.gg>.

Events and activities mentioned

- **Monthly beach clean** with the healthcare group – Thursday 14 May, at L'Eree.
- **Dance competition** – Saturday 16 May (participant representing Guernsey Mind).
- **Seafront Sunday** (Association of Guernsey Charities) – Sunday 17 May, Guernsey Mind stand focused on awareness; “circle of control” coasters to be handed out.
- **Workplace activities**
 - Lunchtime walk and coffee – Andrew Cooper’s workplace
 - Men’s Shed talk and Guernsey Counselling Service visits - Katie Merrien’s workplace
 - Explore creating a central MHFA information board – Fran Bourget’s workplace

Actions / next steps

- Louisa to email attendees the link to the Mental Health Foundation MHAW resources (incl. printable action lists) and re-share MHFA poster/resource links.
- All attendees to consider and, where feasible, organise a simple workplace “action” during MHAW (e.g., walk, coffee break, awareness email, sharing resources, MHFA coffee break).
- All attendees to support Guernsey Mind by liking/sharing social posts during MHAW and tagging Guernsey Mind when posting workplace activities.
- All attendees (volunteers) to respond to the events support sign-up / contact Amanda directly if able to help at any upcoming events.
- Attendees to send any ideas for Guernsey Mind’s 50th anniversary activities to Amanda.

Resources referenced

- Mental Health Foundation – [Mental Health Awareness Week | Mental Health Foundation](#)
- MHFA resources/posters including “meet your MHFAiders” templates – [MHFA Resources](#)
- Guernsey Mind printed materials and freestanding information boards available on request (contact Guernsey Mind team).

Next meeting

Planned for mid-July 2026 (around 14–15 July; exact date to be confirmed and circulated closer to the time).