

# Share your action

The theme for Mental Health Awareness Week 2026 is Action. Because, while awareness is vital, real change comes when we take action too.

This Mental Health Awareness Week we're asking people to share what actions they take to support their own mental health, what can help our teams, schools or communities, and how the government should take action to support our mental health.

## How to use your poster

- 📌 Pick whether your action is **for yourself**, **for someone else**, or **for all of us**.  
**For yourself** - "My action for my mental health"  
**For someone else** - "My action to support others' mental health"  
**For all of us** - "The action the government should take to support our mental health"
- 📌 Print it up and write your action on the poster. Visit [mentalhealth.org.uk/mhaw](https://mentalhealth.org.uk/mhaw) for inspiration
- 📌 Take a selfie or get someone to take a picture with your phone
- 📌 Share it on social media with the **#MHAWaction** hashtag!



**MENTAL  
HEALTH  
AWARENESS  
WEEK**  
11-17 MAY 2026

**#MHAWaction**

**ACTION**  
FOR YOURSELF.  
FOR SOMEONE ELSE.  
FOR ALL OF US.

# My action for my mental health



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# My action to support others' mental health



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# The action the government should take to support our mental health



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