

Mental Health Awareness Week 2025 A Time to Connect and Make a Difference

This year, Mental Health Awareness Week will take place from 12 to 18 May 2025. The theme for 2025 is '*Community*', and we want to use Mental Health Awareness Week to celebrate the power and importance of community. Being part of a safe, positive community is vital for our mental health and wellbeing.

Mental Health Week 2025 is all about the power of community, and what better place to experience this than the Mothers' Union? With our Triennium theme of "*Join Us, Join In!*", we have the perfect opportunity to reach out to others, inviting them to join us as we work together toward ending poverty, injustice, and violence.

Did you know that 1 in 5 people will experience mental health difficulties at some point in their lives? Mental illness can affect anyone, and the strength of community can make all the difference. Whether we're battling anxiety, depression, or any other mental health challenge, the power of being part of something bigger than ourselves—our community—helps us to heal, grow, and thrive. Within MU, we have the unique opportunity to create a space where faith, fun, and fellowship meet. It's a place where we can support one another, share our stories, and encourage each other during tough times.

This Mental Health Week, we're encouraging everyone to look around and see who might need a little extra support or simply someone to talk to. Whether you're a long-time member or just discovering what MU is all about, there's always room for one more. By joining in, you not only help build a community of support but also become part of something bigger—a movement dedicated to improving lives and creating lasting change.

As we celebrate Mental Health Week, let's not forget the importance of reaching out to those in need within our own MU family. Sometimes, a simple check-in, a listening ear, or an invitation to join in the activities of our community can make all the difference. We're all in this together, and it's through that connection that we can help one another navigate life's challenges.

So, let's celebrate MU as a space of compassion, care, and inclusion. As we work toward a world free from poverty, injustice, and violence, let's ensure that MU remains a place where mental health is understood, supported, and nurtured.