

MENTAL HEALTH AWARENESS WEEK 2020

KINDNESS

Not sure where to start? We've put together some suggestions to help you out:

At home and in your community

- Call a friend that you haven't spoken to for a while
- Post a card or letter to someone you are out of touch with
- Send flowers to a friend out of the blue
- Find out if a neighbour needs any help with shopping
- Send someone a handwritten thank you note
- Walk your friend's dog
- Tell your family members how much you love and appreciate them
- Help with household chores
- Check on someone you know who is going through a tough time
- Help a friend who wants to get active

**DOING
GOOD
DOES YOU
GOOD**

Acts of kindness help make
the world a happier place -
it's contagious!

