

# Get involved!



**It's Mental Health Awareness Week from May 9-15 and we want you to get involved!**

**This year the topic is loneliness. So get your pens, pencils, paints and crayons out and draw us a picture to show us what loneliness means to you.**

**Please don't stick and glue or use glitter as we need to scan in your pictures.**

**Please hand your artwork to your teacher by May 9.**

**We will put some of our entries on social media.**

**Please ask your mum, dad or guardian to give us permission to use your first name, age and school on Facebook, Twitter and Instagram (They can sign the back of the picture and say we consent to our child's name/age and school being put on social media).**

**This is just for fun....so what's stopping you? Grab your pens or paints and get cracking!**



Mental Health  
Foundation



Together we can  
tackle loneliness

Mental Health  
Awareness Week

9 - 15 May 2022

