



Stress Awareness Month 1-30 April

Since April 1992, every April, **Stress Awareness Month** is held to increase the public awareness around both causes and cures for the modern-day stress epidemic.

Stress and mental health challenges are one of the biggest public health challenges faced in Britain.

There are many lifestyle factors that can contribute to stress, which may lead to further mental health problems. Some themes that may cause stress include: work, family, financial problems, health.

74% of people feel so stressed they have been overwhelmed or unable to cope (Mental Health Foundation and YouGov)

www.nhs.uk/every-mind-matters/mental-health-issues/stress/

www.youngminds.org.uk/professional/resources/stress-bucket-activity/

www.mind.org.uk/information-support/types-of-mental-health-problems/stress/managing-stress-and-building-resilience/

www.nhs.uk/every-mind-matters/mental-wellbeing-tips/self-help-cbt-techniques/



Young people in Hounslow can text a school nurse for confidential advice and support:

07507 333176

Learn more at: bit.ly/ChatHealthPrivacy