

# Mental Health Awareness Week

## Kindness

For most of us being kind comes naturally, so now it is time to notice and appreciate kindness in our lives. Don't forget - the simplest acts are the ones we remember!

Help out  
in the  
home.



Ring someone  
you haven't  
spoken to in a  
while.

Bake something  
for a friend and  
leave it on their  
doorstep - make  
sure to knock so  
they know it's  
there!

Say "Hello" to  
your neighbours,  
even if you don't  
usually talk to  
them.

If you are stuck and need practical support please ring the  
Leeds City Council Covid-19 helpline: 0113 3781877

