

Date: 11th May 2026

Mental Health Awareness Week 2026

Mental Health Awareness Week takes place this week (11th to 17th May) and this year's theme is 'Take Action'.

The week is an opportunity to highlight the importance of supporting mental health and wellbeing across the Trust and to remind colleagues of the wide range of support available to staff at WUTH.



Throughout the week, WUTH is showcasing wellbeing resources, services and initiatives designed to support colleagues both in and outside of work.

A dedicated [Mental Health Awareness Week intranet page](#) has been created to bring together information, guidance and support in one place, making it easier for staff to access the help available to them.

The page includes information on:

- Wisdom Employee Assistance Programme and wellbeing app
- Occupational Health and wellbeing services
- Mental Health First Aiders
- Freedom to Speak Up
- Staff wellbeing hubs and networks
- Chaplaincy and spiritual care support

As part of the week, staff are also invited to attend Mental Health Awareness Day on Wednesday 13th May from 9am to 4pm in the Education Centre at Arrowe Park Hospital.

The event will feature a range of drop in learning sessions covering topics including neurodiversity, dementia, delirium management, mental health medication and supporting agitated patients. Staff will also have the opportunity to meet local mental health and wellbeing organisations, speak with the Liaison Psychiatry Team and take part in wellbeing activities including sound bath sessions.

No booking is required and staff are welcome to attend throughout the day.

To view the Mental Health Awareness Week intranet page and explore the support available, click [here](#).