**Health, Mental Health and Social care**

Panel for Social Responsibility Contact:

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**Useful links:**

* [Mental Health First Aid](https://mhfaengland.org/) courses

* [Lifting the Lid](https://livability.org.uk/resources/lifting-the-lid/)– six week Bible study course from Livability
* [Time to Change](https://www.time-to-change.org.uk/) – a growing social movement across the country working with employers, schools etc. There is a pledge that people, particularly employers, can sign up to – requires an action plan. Also features an annual *Time to Talk* day.
* [Mental health Matters](https://www.mentalhealthmatters-cofe.org/) – a Church of England website with loads of resources. Comes under Ministry Division and under the oversight of the Committee for Ministry of and among Deaf and Disabled people. Includes dementia.
* [Inclusive Church](https://www.inclusive-church.org/mental-health) has a resource book for churches with not just resources, but stories of lived experience.
* [Mental Health Awareness Week](https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week) as defined by the Mental Health Foundation.
* Diocese of Southwell and Nottingham have defined a Mental Health Awareness Sunday October 13th 2019.
* [National Stress Awareness Day](https://www.mind.org.uk/workplace/national-stress-awareness-day/) First Wednesday in November. The organisation behind this is MIND.

For contact information on [Hospital Chaplains](https://www.leicester.anglican.org/about/whoswho/hospital-chaplains/) click here.