



PeerTalk®

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Charities Aid Foundation

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STOP SAYING MENTAL

Maff Potts

Founder of Camerados writes...

When I grew up in Carlisle in the 1970s being called "mental" was not a good thing.

I have worked for 25 years in the social justice sector and I still can't call my own mental health struggle anything other than "the black dogs" or "feeling bonkers". There are millions of other people not engaged with these issues who are queueing up behind you at Greggs for a Steak Bake or sitting opposite you on the tube and they are having a raging war inside their mind yet are NEVER going to walk in anywhere that says "mental health" on the door. You might say that's because of the stigma we are all trying to overcome, but are you really so married to the language that you want that fight? Just call it something else and get them to come in the door.

[Camerados](#)

Staying PeerTalk Connected

May 2021

PeerTalk support groups are still meeting as a permitted activity.

Click [here](#) for our [PeerTalk Support Groups](#)

I think all I would say is that I have suffered from depression now since 2010, on and off, I have those three major bouts of depression, and I wish I had this sort of group a long time before November last year.

There are so many times when you hear new people coming to a group who have said, "I thought it was only me," and that is the most common statement you hear. To say, "Oh, thank God for that. I thought it was only me who felt this way".

Mental Health Awareness Week

The Mental Health Foundation's, Mental Health Awareness Week

10-16 May 2021.

The theme is 'Nature'.

mentalhealth.org.uk



Nature is our great untapped resource for a mentally healthy future

During Mental Health Awareness Week we will pull together the evidence that demonstrates the powerful benefits of nature for our mental health. We will look at nature's unique ability to not only bring consolation in times of stress, but also increase our creativity, empathy and a sense of wonder. **It turns out that it is not just being in nature but how we open ourselves up and interact with nature that counts.** We will show that even small contacts with nature can reduce feelings of social isolation and be effective in protecting our mental health, and preventing distress.

[Why nature?](#)



PeerTalk thanks The Allen Lane Foundation for grant support. **Sir Allen Lane founded Penguin Books.**

The legend goes that on a train journey back from visiting Agatha Christie in 1934 he found himself on a station platform with nothing available worth reading. He conceived of paperback editions of quality literature which would be cheap enough to be sold from a vending machine.



[The Allen Lane Foundation](#)

Top tips to improve your mental wellbeing

[NHS Every Mind Matters](#)

Caroline describes being a PeerTalk Facilitator and about the support groups

[Listen here](#)



Would universities call parents in a mental health crisis?

There have been repeated proposals for an "opt-in" system where students could choose, or refuse, to allow universities to get in touch with a parent, or some other trusted adult, if there were serious concerns about their wellbeing

[BBC News article outlines issues](#)