

Small Talks x Mental Health Awareness Week Messaging

Mental Health Awareness Week 2026 (11 – 17 May)

NB: Theme for MHAW 2026 is 'Action'. Small Talks is about encouraging people to take that first simple 'action' and kickstart a conversation around mental health.

Find out more about Mental Health Awareness Week at: <https://bit.ly/42MTDG6>

Message 1 Suggested Channels (Instagram / LinkedIn / Facebook)

Mental health affects everyone.

[#SmallTalks](#) can support our wellbeing and help us to overcome difficult emotions. It's often the first step to letting others know what's really going on.

This [#MentalHealthAwarenessWeek](#), YMCA [name] is supporting this year's theme 'action'. Through positive conversations, we can take action to ensure good mental health is a priority in our lives.

Find out more and join our campaign: <https://ymca.org.uk/smalltalks/>

[Instagram [@mentalhealthfoundation](#) / LinkedIn [@Mental Health Foundation](#)]

[#YMCA](#) [#MHAW2026](#) [#MentalHealthMatters](#)

Message 2 Suggested Channels (X / Facebook)

Support for your mental health should always be a priority.

On [#MHAW](#), YMCA [name] is taking part in [#SmallTalks](#). Encouraging vital action to boost and look after our wellbeing.

Where can we start? With small actions that over time make a big difference. Let's TALK.

Take the time, Ask twice, Learn to listen, Keep it up.

Join us in breaking the silence: bit.ly/3Xt80gZ

[#YMCA](#) [#SmallTalks](#)

Message 3 Suggested Channels (Facebook/Instagram)

This Mental Health Awareness Week, YMCAs across England & Wales will be bringing people together to kickstart positive conversations around mental health. 💙

Whether it's over a cup of tea, or simply checking in with someone, small actions can make a big difference.

[#SmallTalks](#) [#MHAW2026](#)

Message 4 Suggested Channels (Facebook / LinkedIn)

YMCAs are taking action this Mental Health Awareness Week through [#SmallTalks](#).

From youth clubs to supported housing, to community spaces, we'll be encouraging more conversations around mental health and creating spaces where people feel heard, supported and connected.

Sometimes the smallest conversations can make the biggest difference 💬

Get involved at: bit.ly/3Xt80gZ

#MHAW2026

Message 5 Suggested Channels (Instagram / Facebook / X)

This week, hundreds of people across YMCA communities will take part in #SmallTalks.

A simple campaign with a simple idea: starting more conversations about mental health.

Opening up isn't always easy. But feeling listened to can change everything. bit.ly/3Xt80gZ

#MentalHealthAwarenessWeek

- **End of messages** -