

## **Coronavirus - Latest advice and local service updates**

# 11/05/21: Breckland's Inspiring Communities programme supports Mental Health Awareness Week

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Breckland Council is encouraging people to get out and about in the district, enjoying nature, and taking advantage of the many health benefits that being outside and close to nature brings, as part of Mental Health Awareness Week 2021.

The council is also reminding people of the support available through its Inspiring Communities programme, a £1 million investment supporting projects that assist residents with mental health concerns, as well as tackling domestic violence, social isolation, or the impact of County Lines people and drug trafficking.

Cllr Sam Chapman-Allen, Leader of Breckland Council, commented: "We are incredibly proud to support Mental Health Awareness Week and are working hard to ensure local residents are aware of the mental health support available to them both locally and nationally.

"This year's theme is about getting back to nature and so we are encouraging people to enjoy beautiful Breckland, whether it's going out for a walk in the countryside, taking a moment to enjoy wildlife in your garden or visiting a place of natural beauty in the district. Of course it remains essential that we continue to observe the latest coronavirus guidelines, but with the easing of restrictions it is a great opportunity to rediscover just how being active and out in our great district can have a positive impact on your mental health.

"There is a great deal more support available too, particularly via our Inspiring Communities programme. We are working closely with a number of local groups and national campaigns, including Breckland Youth Advisory Board (YAB) for young people in the district, Tripstart for those facing barriers to employment, The Silver Social project to help reduce social isolation among older residents, and the Armed Forces Covenant for local service personnel. These and many more will help break down taboos around mental health, support people to overcome the challenges they face, and promote and maintain positive mental health." To find out more about Breckland Council's Inspiring Communities programme and how its partners can help you, visit [Inspiring Communities](#)

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