

Movement and Mental Health campaign

About the campaign

The 'movement and mental health' campaign aims to support people in Suffolk to have conversations about the important contribution that movement makes to mental health and emotional wellbeing.

It recognises that staff across health, local authority, voluntary sectors and in workplaces, have thousands of contacts every day with individuals and are ideally placed to promote the benefit of movement and physical activity to mental health.

The campaign will provide key individuals like teachers, social workers, healthcare professionals and carers with access to a short, free E-Learning course, developed by experts at Suffolk Mind, that will enable them to have opportunistic conversations with the people they meet.

The course is also available to the wider adult public and is suitable for Key Stage 3 school aged children and above.

This piece of work specifically focuses on supporting mental health through movement as we respond to the impact of Covid-19 on the mental health of people in Suffolk.

Learn about the

benefits of movement

on your mental health



Campaign dates

The campaign will run until 31 December 2021.

Key target audience

Anybody who is at a touch-point with the general public – workplaces, carers, teachers, social workers, leisure staff, healthcare workers etc.

Secondary target audience

General public - this resource is suitable for anybody with an interest in the contribution that movement makes to mental health.

How you can support

Please promote and share this free resource to as many people as you can. You will be helping to make Suffolk the best place in the world to talk about and take care of mental health.

Download and use our free social media assets here:

www.keepmovingsuffolk.com/partner-resources



These will be developed and added to as the campaign progresses.



A promo video is available here:

www.youtube.com/watch?v=OJn4rTQD3X8&t=1s

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Suggested social media posts

We all need good mental health and wellbeing to live happy and healthy lives. But do you know how important movement is to our mental health? You're invited to take a free, 20-minute E-learning course, developed by experts at Suffolk Mind.

Register at www.keepmovingsuffolk.com

(277 characters)

Join the mission to help 10,000 people in #Suffolk understand and talk about movement and mental health. Share this free, short e-learning course developed with experts from Suffolk Mind.

Register at www.keepmovingsuffolk.com

(212 characters)

Want to learn how to have meaningful conversations with your friends, family, work colleagues and clients about the importance of movement on our mental health. You're invited to take a free, 20-minute E-learning course, developed by experts at Suffolk Mind.

Register at www.keepmovingsuffolk.com

(296 characters)

You probably already know that we all feel better after doing some exercise. But do you actually know why? This short, free e-learning course will inform you about the little-known link between movement, the brain and reducing the risk of depression.

About why people experiencing mental ill health struggle to find the motivation to become physically active. And it will help you understand how physical activity can often be the key to meeting many emotional needs in one go.

Register at www.keepmovingsuffolk.com

(512 characters)

Do you know someone who is feeling worried about the effect COVID-19 is having on their lives? Are they worried about the future, feeling stressed or anxious and feeling bored? These are all things that movement and exercise can have a really positive impact on. So please share the free, 20-minute e-learning course, developed with experts from Suffolk Mind, to help them understand how movement and exercise is a force for good.

Register at www.keepmovingsuffolk.com

(464 characters)

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Suggested email text

Help us to help 10,000 people in Suffolk learn about movement and mental health

In a positive move to respond to concerns about deteriorating mental health during the Coronavirus pandemic, Suffolk County Council's Most Active County programme and Suffolk Mind have developed a 20-minute e-learning course, designed to give people a better insight into the benefits of movement on their mental health and how, by moving more, it can help us all enhance our wellbeing.

The resources are aimed at all adults and young people in Suffolk and have been designed to be engaging and informative. They revolve around four short animations focusing on the need for movement, the mental health barriers to physical activity, how people can be helped to increase their physical activity levels and how physical activity can often be the key to meeting many emotional needs in one go.

This resource has been produced to help people understand the link and support them to have conversations with friends, family, work colleagues and clients about how movement and exercise is a force for good.

For more information and to register visit www.keepmovingsuffolk.com

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on your mental health



Please share this FREE, easy to use, resource to as many people as you can including your work colleagues, your clients, customers, friends and family and **HELP US TO MAKE SUFFOLK THE BEST PLACE IN THE WORLD TO TALK ABOUT AND CARE FOR MENTAL HEALTH**