CORDELL HEALTH

SHAPING PORTSMOUTH

This is the chance to talk about mental health issues and help improve the mental health of our friends, family, and colleagues. This year's theme is all about celebrating the importance and power of Community.

Mental Health
Awareness Week 2025

Power of Community

Benefits of community

Communities help us connect with others, providing a sense of belonging, safety, and support during tough times. Dr. Hallowell describes connection as "feeling a part of something larger than yourself, feeling close to another person or group, feeling welcomed and understood." Our relationships with family, friends, coworkers, and community members are crucial for our survival as they provide the support, we need to handle life's challenges. These social connections are vital for maintaining emotional well-being.

Research shows that feeling connected can improve both physical and mental health. Psychological theories like Maslow's Hierarchy of Needs highlight the importance of social connections. Studies also show that social isolation can harm health.

Health Benefits of Community

- Reduced risk of depression and anxiety
- Overall improved mental health
- Better resilience
- Improved cognitive function
- Reduced risk of heart disease
- Longer life expectancy

Harvard Business Review has found that when employees feel a good sense of community at work, they are more engaged, thrive, and stay with their organisation.

How Can Employers Help?

Team Building: Activities that focus on shared goals help teams work better together. Simple activities like walking together, eating lunch together, or doing a quiz can encourage interactions and build team spirit.

Promote Learning Opportunities: Create chances for shared learning through group discussions, team meetings, training sessions, and workshops. Coaching or mentoring programs can also help. Over 70% of people in coaching programs report better work performance, relationships, communication skills, and job satisfaction.

Encourage Breaks: Taking regular breaks can restore concentration, reduce stress, and improve health. Casual chats with colleagues can help build deeper connections and improve relationships.

Creating a friendly, well-connected workplace culture with a sense of community can improve employee health, boost team morale, increase productivity, creativity, and support staff retention.

Find out more: https://www.mentalhealth.org.uk

875,000 workers in the UK experience work-related stress. depression, or anxiety.

This costs UK employers each year over

£42 billion