



**creative freedom**

mental health first aid for the cultural sector

# Random acts of kindness

**Call a friend that you haven't spoken to for a while**

**Tell a family member how much you love and appreciate them**

**Arrange to have a cup of tea and virtual catch up with someone you know**

**Arrange to watch a film at the same time as a friend and video call**

**Tell someone you know that you are proud of them**

**Tell someone you know why you are thankful for them**

**Send a motivational text to a friend who is struggling**

**Contact someone you haven't seen in a while and arrange a virtual catch up**

**Commit to kindness and train as a mental health first aider**

**[www.creative-freedom.org](http://www.creative-freedom.org)**

Mental Health Awareness Week, 18 - 24 May 2020.  
Mental Health Foundation