



PRESS RELEASE – MAY 2020 FOR RELEASE 18th MAY

Further information: Helen Stephens 07977552665 HELLO@FROMYOUTOME.COM

FROM YOU TO ME'S ACT OF KINDNESS IS TO DONATE A % OF PRODUCT SALES TO THE MENTAL HEALTH FOUNDATION IN MENTAL HEALTH AWARENESS WEEK 18-24 MAY 2020

Today marks the launch of Mental Health Awareness Week, the UK's national week to raise awareness of mental health. The week, which is hosted by the Mental Health Foundation, is in its 20th year and runs from 18-24th May.

This year, the theme for the week is kindness. Across the country, people will be celebrating kindness in a range of digital and creative ways within social distancing restrictions. In Bath, publisher FROM YOU TO ME will be donating 20% of all its sales from their Mindfulness Range of journals to the charity. Helen Stephens, Director at FROM YOU TO ME LTD, said "Never has there been more of a need for us to be kind. To our partners, our children, our neighbours and ourselves. We are hoping to raise as much as we can this week to provide a little kind help."

Mark Rowland Chief Executive of the Mental Health Foundation said: "This year may be the most important week we have ever hosted as we deal with coping and recovering from the coronavirus pandemic. We must do all we can to reduce the psychological and social impacts of the pandemic which could outlast the physical symptoms of the virus. The message this Mental Health Awareness Week is that kindness matters. It is deeply connected to our mental health and it will matter hugely in the society we build from here – one that better protects our mental health."

For more information about FROM YOU TO ME visit WWW.FROMYOUTOME.COM and for information about this year's Mental Health Awareness Week and how to get involved visit www.mentalhealth.org.uk/kindnessmatters or join the conversation on social media using and #MentalHealthAwarenessWeek #KindnessMatters #FROMYOUTOME

NOTES TO EDITORS:

- For more information and images please visit: <https://www.fromyoutome.com/gift-journals/mindful-collection.html>
- Twitter feed: @FROMYOUTOME
- Instagram: FROMYOUTOME_LTD
- Facebook: FROMYOUTOME
- Review copies are available.
- A separate detailed product information sheet is available.
- For more information about 'FROM YOU TO ME' including imprints JOURNALS OF A LIFETIME and FORGET ME NOT BOOKS please visit WWW.FROMYOUTOME.COM

ENDS