

# Black History Month

Bulletin No. 2 – October 2023

 **mind**  
Hammersmith,  
Fulham, Ealing  
and Hounslow

**October is Black History Month in the UK and a time to celebrate the contributions of black people in shaping the dynamic and diverse country we have today. Below are some ways that you can get involved!**

**Watch a movie, read a book or listen to a podcast or some music** related to Black culture and achievements. These activities can help you unwind after a long day and are also great opportunities to learn something new!



**Participate in events** that celebrate Black History Month. Whether it's a performance, or a museum or art exhibition, engaging with creative activities can help stimulate our brains and get us thinking. Why not get creative and submit a poem to the National Black History Month's poetry competition [here](#).

**Find out what your school is doing** to celebrate Black History Month and talk to staff to see if you can get involved. Collaborating with your school community can also help you to connect with others.



## Resources

Check out [My Mind TV](#) for videos on mental health and wellbeing

The [YoungMinds](#) website features young people's experiences of talking about mental health in the Black British community, as well as information on [cultural identity and mental health](#)

[Black Minds Matter](#) connects Black individuals and families with free professional mental health services across the UK

[Bayo](#) has a list of organisations that work specifically with Black young people, including places where Black young people can get mental health support in their local community



## The Mental Health Support Team supports school staff, children and parents/carers to think about mental health and wellbeing.

We provide a telephone drop-in service where you can speak to one of our team about your mental health and wellbeing  
*Please note, this is not a counselling service*

Click [here](#) or scan the code to schedule a call with us.

For blog posts, and to learn more about the support we offer, visit our website: [www.hfehmind.org.uk](http://www.hfehmind.org.uk)

## Let us know your thoughts on mental health in schools.

Use the links or QR codes to fill in our short survey.

There's separate ones for [Primary Students](#) and [Secondary/College Students](#) so be sure to use the right one!

### Primary Students



### Secondary & College Students

