Press release

**Building a strong foundation on mental health and housing**

This week, during Mental Health Awareness Week, the Mental Health Foundation joined forces with the Housing Learning and Information Network (LIN) and added its support to the LIN’s website information about mental health.

Jeremy Porteus, Chief Executive of LIN said: *“We are delighted that the Mental Health Foundation is the new supporter of our mental health and housing webpages. The resources curated on these pages offer practical information about suitable housing options and related services, and demonstrate timely support programmes that enable people to live with mental health and improve their wellbeing.”*

Mark Rowland, Chief Executive of the Mental Health Foundation, said: *“We know from our projects that people’s mental health in later life can be considerably affected by their housing situation. At the Foundation we work to promote good mental health. We are therefore delighted to be associated with these mental health and housing pages so we can work together to achieve better mental health and wellbeing in older people’s housing.”*  
  
Mental Health Awareness Week, run by the Foundation, chose kindness as its theme this year in the light of the coronavirus crisis. It conducted a survey which showed that almost three-quarters of UK adults say it is important that we learn from the coronavirus pandemic to be more kind as a society. Two-thirds of people also say that when others are kind to them, it has a positive impact on their mental health.

The charity has launched a report showing the [evidence base](https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-research) for the impact of kindness on mental health and a [policy paper making recommendations](https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-policy-asks) on how kindness can be turned into action by governments.

Mark Rowland continued: *“The evidence for the positive impact of kindness on protecting and improving mental health has always been clear. Our survey has shown there is powerful support from the UK public for a kinder approach. At one level, kindness can be as simple as phoning a friend who is lonely or thanking a colleague for something they have done. However, to have a major impact on improving our mental health, we need to take kindness seriously as a society. In particular, we need to make kindness an important part of public policy.*

Over the last five years the Mental Health Foundation has worked with over a thousand older people in late life housing schemes. We are now in touch with people over the phone and are encouraging creativity through posted art packs. We have heard of many examples of kindness. One person is phoning their GP surgery every week to check how they are doing as the staff have always been so kind to them.

Ends

And for more information and resources, supported by the [Mental Health Foundation](https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week), visit the Housing LIN webpages at: <https://www.housinglin.org.uk/Topics/browse/HousingMentaHealth/>

Read Jolie Goodman, Programmes Manager for Empowerment & Later Life, Mental Health Foundation, blog for the Housing LIN: “There’s no place like home: Housing & Home, Mental Health, Connectedness & Kindness” at:

<https://www.housinglin.org.uk/blogs/Theres-no-place-like-home-Housing-Home-Mental-Health-Connectedness-Kindness/>