**European Mental Health Week with Auntie**

**Better Together: Co-creating the Future of Mental Health**

Auntie is inviting our customers and all organisations to work together on co-creating the Future of Mental Health, which is this year’s theme of the European Mental Health Week. Auntie’s 500+ customers have already taken the first step into the future of mental health by providing Auntie for their employees.

This week-long event is an opportunity for individuals to engage in discussions about various aspects of mental health, share personal stories of coping with challenges during times of crisis and in general, emphasise the need for action to combat stigma, discrimination, and exclusion, and champion good mental health for everyone.

The level of involvement in the European Mental Health Week is up to each organisation. Co-creation isn’t just about outcomes; it’s a dynamic journey of growth and discovery, embracing change throughout the process. Co-creation redistributes power among participants, valuing diverse expertise equally.

**Co-creation tools from Auntie**

We have put together some suggestions on how we can co-create mental health together. The simplest way is to remind our customers’ employees to take Auntie packages for psychological discussion support, development, and support for leaders. Auntie is available for presentations, webinars, workshops etc. Our wide range of mental health materials are freely available for use in our website’s [material bank](https://auntie.io/material-bank).

For more information on how to participate in European Mental Health Week during 13th to 19th May, please contact mailto:customerhappiness@auntie.io.