

SWR Mind in conjunction with Whitby Area Sheds

Mental Health Training Workshop

Open to Sheds, Voluntary Groups and interested individuals

Monday October 7th, 10am – 1pm at Eskmouth Scout Hall**

In recognition of **World Mental Health Day** (October 10th) and the very **important theme of suicide prevention**, SWR Mind and Whitby Area Sheds are coming together to deliver a flexible and interactive morning of learning about a range of topics including:

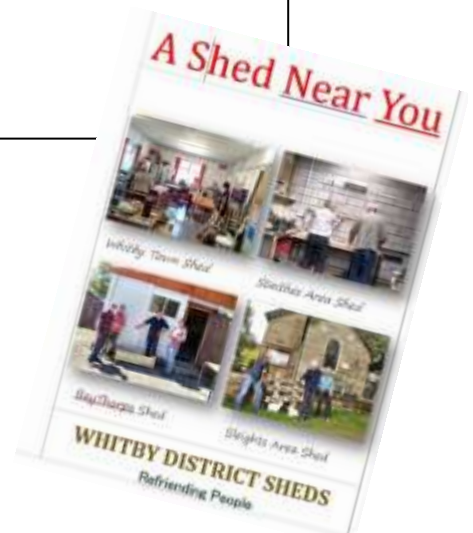
- ✓ mental health conditions
- ✓ supporting yourself and others through mental ill health or challenging life events
- ✓ suicide awareness and prevention
- ✓ discussion on how we look after our wellbeing as a whole, both physical and mental

There will be plenty of opportunity for discussion, sharing skills and experiences and building confidence for all participants to ask the **simple and hard question ...**

“Are you OK?”

Places are limited so please confirm if you would like to attend to WhitbyAreaSheds@gmail.com

This is a free workshop
in informal style with light refreshments.



**** To the left of Lobster Hall across their car park (NO parking however). Just above Trillo's on Spring Hill.**