

## World Mental Health Day Webinar Series

World Mental Health Day is on 10<sup>th</sup> October 2020, and to raise awareness for this year's theme, Mental Health for All. The Public Health team is organising a series of webinars (schedule below) to equip you to support residents that you work with or to better cope with your own wellbeing.

Date and time	Presenter	Topic	What is it about?
Monday 5 October, 12 noon-1pm (ISLINGTON only)	Manor Gardens	Become a Mental Health Champion	Manor Gardens will introduce their new Wellbeing Service in Islington. They will share what the new service will look like, how people can get involved to become a mental health champion, opportunities for partnership working, and what their approach will be during Covid-19. Please come along to hear more, ask questions and share ideas – all are welcome.
Tuesday 6 October, 12 noon-1pm	iCope	Covid-19 and mental health: How to access support	Everything you need to know about Psychological Therapies and common mental health issues in Camden and Islington, with a special focus on Covid-19 and mental health. This will include information on how to access support for your mental health.
Wednesday 7 October, 12 noon-1pm	Rethink Mental Illness	Introduction to Mental Health Awareness Training	An Introduction to Rethink's Mental Health Awareness Training – a taster session for anyone thinking of taking the training. The course covers stigma and discrimination, the challenges people face, and how to discuss mental health with a colleague, friend or family member.
Thursday 8 October, 12 noon-1pm	Direct Action Project with Emma Charlton	Anxious Minds: general anxiety awareness and stress-busting suggestions	An introduction to what is anxiety, possible causes, the brain's response and common symptoms. Focus on identifying personal stress-triggers and stress-busting suggestions. Active steps you can take to look after personal mental health and wellbeing.
Thursday 8 October, 12noon -1pm (CAMDEN only)	The Advocacy & Cultural Advocacy Project	Mental Health User Involvement Project & Cultural Advocacy Project	The Advocacy project will present about the experience of service users in Camden and involving service users in shaping services. The Cultural Advocacy project will present on work being done to promote mental health and wellbeing in BAME communities in Camden
Friday 9 October, 12 noon -1pm	Kooth	Online counselling service for young people	Kooth is an online mental wellbeing community. In this session, they will be demonstrating their online counselling service for staff who work with Children and Young People.
Monday 12 October 11-1 pm	Rethink Mental Illness'	Support After Suicide Service	Come hear more about the <a href="#">Support After Suicide service</a> , what support is available for people bereaved by suicide and how to refer someone to the service.

If you want to check out one of these webinars, simply register [here](#) and we will email you the details.