

# WORLD MENTAL HEALTH DAY WEBINAR SERIES 5-12 OCT

## MONDAY 5th Oct

12:00 - 13:00 Become a Mental Health  
Champion

## TUESDAY 6th Oct

12:00 - 13:00 COVID-19 and mental health:  
how to access support

## WEDNESDAY 7th Oct

12:00 - 13:00 Intro to Mental Health  
Awareness Training

## THURSDAY 8th Oct

12:00 - 13:00 Anxious Minds: General anxiety  
awareness and stress-busting suggestions  
13:00 - 14:00 Mental Health User Involvement  
Project & Cultural Advocacy Project

## FRIDAY 9th Oct

12:00 - 13:00 Online counselling service for  
young people

## MONDAY 12th Oct

11:00 - 13:00 Support after suicide service

Register  
your place  
[HERE](#)

WORLD  
MENTAL  
HEALTH  
DAY

