



Secret reasons to Emotional Distress and Mental Health.

With the high increase in mental health in our society is not just a societal problem but also that of communities and families. 1 in every 4 people suffer from mental health or knows someone who does.

Are you struggling to understand or support a person with mental health?

Would you like to know how you could help and support them? If so, why not attend our workshop to discover what you could do to help.

We will utilise attachment theory to understand emotional distress and mental health.

You will also learn:

- 1. Possible early triggers to the development to emotional distress and mental health.**
- 2. The persons world**
- 3. Is attachment the root of emotional distress and mental health?**
- 4. How to start building bridges and support the person.**
- 5. What are some of the treatment options**
- 6. Clearer understanding of how attachment influences emotional distress and mental health**

Speaker and Facilitator.

Ejay Okeke-Deroy MSc Psychologist and Psychiatrist, have over 8 years experience in psychological interventions and attachment specialist.

Dates: Saturday 4th and 11th April 2020

Time: 11pm to 2pm

Address: Room 03, 250 York Road, Battersea, SW11 3SJ

Tele: 020 3417 6646

Email: serefo.info@gmail.com, Website: www.serefo.org.uk



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