

Webinair: SRF Event - Mental Health: Lets Talk About it (Part 3)

Date: 25 April 2020

Time: 11.00 a.m. - 13.30 p.m.

Facilitator Olivia Haltman will explore and talk about Mental Health

We often speak about Mental Health, but does everyone know how it really looks or what it feels like? In this webinar we will look at the various ways Mental Health presents itself.

The Webinar will be interactive and there will be time afterwards to discuss any questions that you may have and look at ways to support each other.

In the first two parts we covered the basics of mental health, sectioning and attachments that we have created and how this affects our present relationships.

In part three we will slightly touch upon some of the topics covered in the first two parts, but we will also explore how our situation with COVID-19 can affect our Mental Health and how to support ourselves and others.

This is the link to Eventbrite: https://www.eventbrite.co.uk/e/srf-event-mental-health-lets-talk-about-it-part-3-tickets-101817585138?aff=ebdssbonlinesearch