



KEEP LEARNING

Mental Health in the Workplace

Date: Tuesday 7 November

Time: 10am-12pm

Location: Online

In this workshop, we explore the relationship between mental health and work, focusing on how to create a mentally healthy workplace and how to be supportive of colleagues, while still looking after oneself.



We will also look at why mental health is just as important as physical health, and share information about local mental health services.

Please register and book your place online.



mindinbexley.org.uk/recovery/

