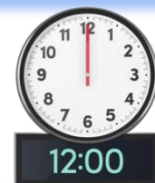
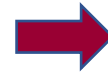
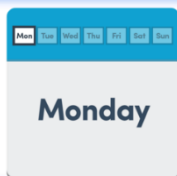


World Mental Health Day Community Workshop



Self-advocates from Sunderland People First and colleagues from Healthwatch Sunderland welcome you to an online community workshop in support of World Mental Health Day.

We welcome you to our Community Workshop on 11th October 10 - 12



We will be using a programme called Zoom to connect and share.

Find out how to use Zoom on your smart phone, laptop or computer by clicking on this link: <https://bit.ly/2V7hONo>

What will happen in the meeting?



This meeting is about bringing members of our community together to talk and share about mental health.



What is Mental Health? – things that make us feel good, things that make us feel down.



What people sometimes say and think about mental health.



How can we make it easier to talk about and share our mental health?



Our Guest Speakers will be sharing their own experiences of mental health.



What gives us good mental health?

How to book a place & join the meeting:



Email us at: info@sunderlandpeoplefirst.com



Phone us on 07980 745023



Connect with us on Social Media

[@SunPeopleFirst](https://twitter.com/SunPeopleFirst)

[@HWSunderland](https://twitter.com/HWSunderland)



We look forward to welcoming you and will send everyone a link to join the meeting.