

FREE FOR UNISON EAST MIDLANDS MEMBERS

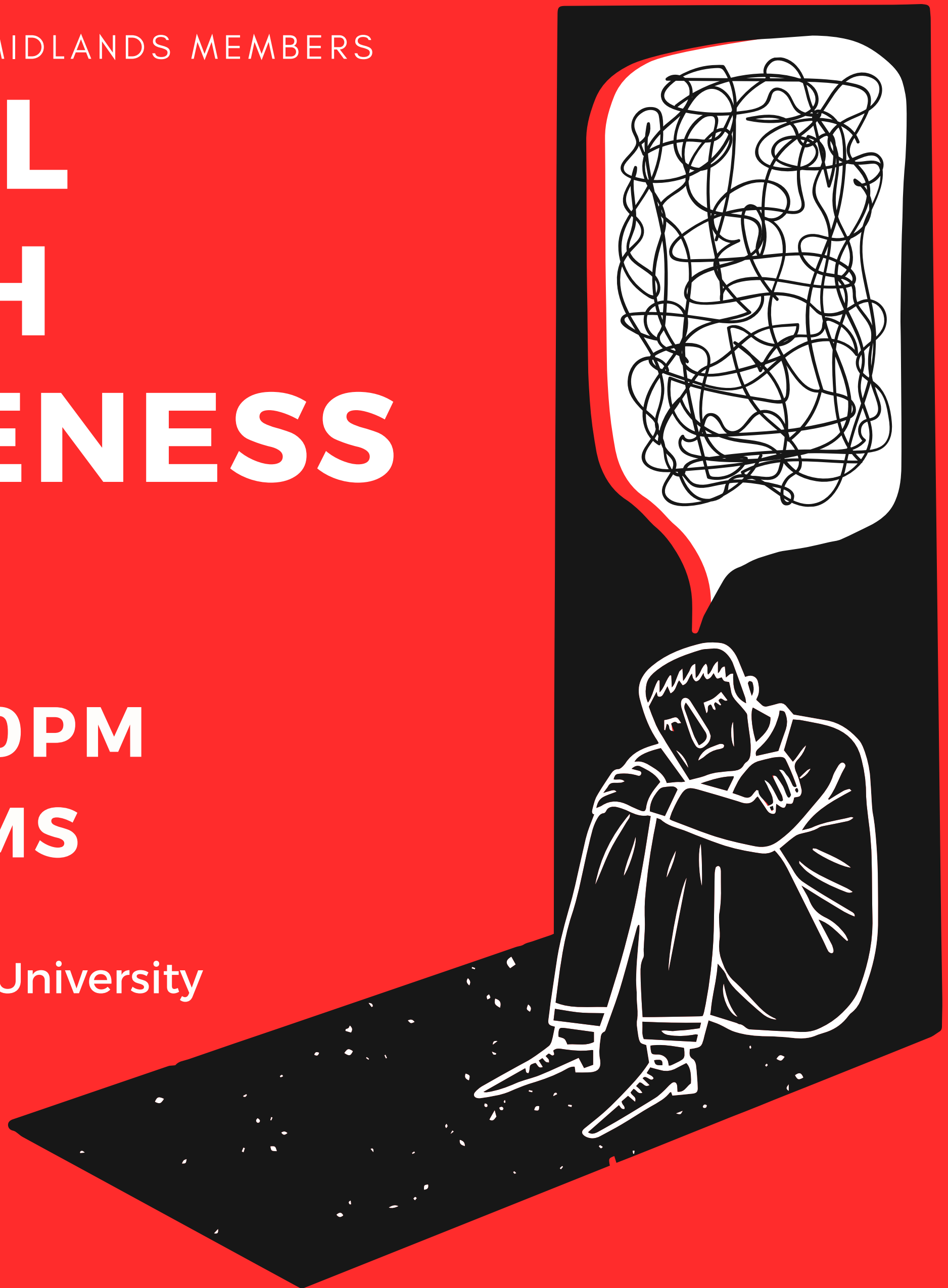
MENTAL HEALTH AWARENESS

9 MAY

1.30PM - 5.00PM

VIA MS TEAMS

Delivered by The Open University



This workshop is aimed at members working in a variety of different settings and aims to help you:

- develop a greater awareness of mental health
- understand the main mental health problems that people face
- gain an insight into the experience of having mental distress
- explore some strategies for promoting good mental health
- take a revised awareness to the workplace



To apply please visit:

<https://eastmidlands.unison.org.uk/members/>