

Welcome Me as I Am

## 'Theres no Health without Mental Health'

**A Workshop to mark World Mental Health Day  
10th October 2014: 0930 to 1245.  
Golf Road Centre, Golf Road Deal**

**One in four of us is likely to experience a mental health problem at some stage in our life. In our communities it is important to understand and meet the needs of people who are mentally distressed as well as those of their families and friends. There will be an opportunity to network over lunch to discuss the topics raised. The workshop will be facilitated by Ben Bano, Director of 'Welcome Me as I Am'.**

**. In this half day workshop we will cover:**

- *Breaking the barrier - talking about mental health in our community*
- *Common Mental Health conditions which we might encounter*
- *Talking with someone who is mentally distressed*

*Responding to mental health emergencies*

*Signposting to other services and resources*

- *Keeping mentally well and looking after ourselves.*

This workshop will be of Interest to:

- Those working in the voluntary sector with vulnerable people
- Staff and members of community groups
- Members of Faith Communities
- Staff in the statutory sector

To book please email [telosoffice@aol.com](mailto:telosoffice@aol.com)

or call 07887 651117

A contribution of £20 is requested to cover

expenses— this includes a sandwich lunch