

Following-on from Mental Health Awareness

Talk and discussion at
EALING ABBEY parish hall
Charlbury Grove
Ealing, London W5 2DZ
Saturday May 11th
10.15am – 1.00pm
refreshments served

Find out what you can do to help

- Starting conversations
 - Food and mood
- Five ways to wellbeing
 - Resources

Learn how to help yourself
or someone with a
mental health problem
and build your own
'well-being kit'



**NEXT
STEPS**
for
mental
health

Presentation by Helen Denny
trustee for Papyrus- prevention of young suicide
<https://papyrus-uk.org/trustees/>

also a RSPH (Royal Society of Public Health) connect 5 trainer. This course uses the framework of the [Five Ways to Wellbeing](#). Please phone the parish office to register your interest in attending. £10.00. Concessions available. Buffet lunch and refreshments served. Please phone 020 8862 2160/67 where you can also leave a message