

**LET'S
TALK**

Free Face to Face Mental Wellbeing Pop Ups and Workshops

**Help support
your staff,
volunteers or
your wider
community**

Interactive Workshops

**For engaging
sessions on
mental health
why not book
some of our
workshops? These
informative
sessions last
around 90 minutes
and cover a
variety of topics**

Pop Up Stalls

**Invite us along to an event
where we can use our games and
prompts, based around the 5
Ways to Wellbeing, to initiate
positive conversations about
mental health and raise
awareness of local support**

Benefits include;

- **Raising awareness around mental health issues**
- **Tackling stigma and discrimination**
- **Signposting people to local support**
- **Encouraging positive conversations around mental health**
- **Promoting recovery and self-care through the 5 Ways to Wellbeing**
- **Encouraging people to be more proactive in looking after their mental health**

**For more information or to book please contact
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