

**LET'S
TALK**

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

Online 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**

Free Online Mental Wellbeing Drop Ins and Workshops

Virtual Drop Ins

**The next time you have
a coffee catch up, team
meeting or wellness
webinar, why not have
us 'drop in' to chat
about mental
wellbeing?**

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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SAMH

for Scotland's mental health