

WORLD MENTAL HEALTH WEEK 2015

5-9TH OCTOBER

JOIN US TO CELEBRATE
WORLD MENTAL HEALTH
WEEK BY TAKING PART IN
A NUMBER OF FREE
EVENTS & ACTIVITIES

**ALL
EVENTS
ARE
FREE**

MONDAY 5TH OCT COMMUNITY

An audience with **Terry Waite**,
CBE Humanitarian & Author.



TUESDAY 6TH OCT ACTIVITY & WELLBEING

Get involved! Experience a mindfulness taster session, visit the health and wellbeing marketplace, learn about mental health in football and other sports and sign up to a free fitness session!

WEDNESDAY 7TH OCT EMPLOYMENT

How employers can tackle the mental health stigma, one man's journey reclaiming the 'wasted years', is mental health a workplace taboo? Assisting employees in their recovery.

THURSDAY 8TH OCT EDUCATION

Helping children make healthy choices, digital wellbeing and supporting teachers, parents and pupils with eating disorders.

FRIDAY 9TH OCT PUBLIC SERVICES

Overview and progress of the Dorset Acute Mental Health Service, understanding personality disorders, mental health and policing, lived experience of mental health in NHS Trust staff and an audience with **Norman Lamb MP**.



To view the full programme and book sessions visit:
WORLDMENTAL2015.EVENTBRITE.COM
Get involved on Twitter: **#WMHDBU15**

IN ASSOCIATION WITH: