

WORLD MENTAL HEALTH DAY

Sefton In Mind

JOIN US FOR WORLD
MENTAL HEALTH DAY,
FOCUSSING ON MEN &
GOOD MENTAL HEALTH
'WE ALL MAKE A DIFFERENCE'

10AM - 1PM
VIA ZOOM

TO REGISTER YOUR PLACE
[PLEASE CLICK HERE](#)

FRIDAY 9TH
OCTOBER

SEFTON IN MIND

'WE ALL MAKE A DIFFERENCE'

COME AND JOIN SEFTON IN MIND FOR WORLD MENTAL HEALTH DAY!

On **Friday 9th October, 10am - 1pm** we will be celebrating the work of organisations that support good mental wellbeing in Sefton - with a special focus on men and mental wellbeing.

From childhood to old age our mental health is important. At our celebration event organisations working with people of all ages from across Sefton will showcase some of the good work that's happening locally. Please come and share your experiences, find out about what is happening to support good mental health in Sefton, and hear a little more about celebrating men's mental health.

Chaired by **Sefton Council's Mental Health Champion - Councillor Paul Cummins**, the event will include guest speaker **Darren Bee from Time To Change North West** and the voices of **Time to Change Champions**.

Breakout rooms with Sefton groups showcasing their work will include:

- Homestart
- Windmills
- Buddy Up
- MYA Space
- Marine in the Community
- The Reach Men's Groups
- Veterans in Sefton
- Feelgood Factory

To book your place, please follow the link below;
<https://forms.gle/XimrFRWPiebeG8rN8>

For more information about the event please email;
jan.campbell@seftoncvcs.org.uk

