

# Mind Your Mental Health

## Workshop



**Mind Your Mental Health** is a mental health awareness workshop developed by Mental Health Ireland. It offers participants the opportunity to reflect on this important aspect of their lives and to learn different ways to enhance their own mental health and wellbeing.

Mind Your Mental Health is delivered in four units:

1. Understanding Mental Health and Wellbeing
2. Stress and Thinking Patterns
3. Mental Health Difficulties, Recovery and Support
4. Minding Your Mental Health Strategies

'Mind Your Mental Health' workshops will be taking place on the following dates...

Date	Time	Location (Venues TBC)
Tues 26th April	10am - 4pm	Manorhamilton
Tues 10th May	10am - 4pm	Sligo
Tues 31st May	10am - 4pm	Carrick on Shannon

If you are interested in attending a workshop please Email: [rachel@mentalhealthireland.ie](mailto:rachel@mentalhealthireland.ie) to register. There is **no charge** for this training. Numbers are limited to a maximum number of participants per workshop and advanced booking is essential

*Mental Health Ireland is a national voluntary organisation established in 1966.*

For more details visit [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)

Follow us on Twitter: @MentalHealthIrl

Find us on Facebook: [www.facebook.com/Mental.Health.Ireland](http://www.facebook.com/Mental.Health.Ireland)