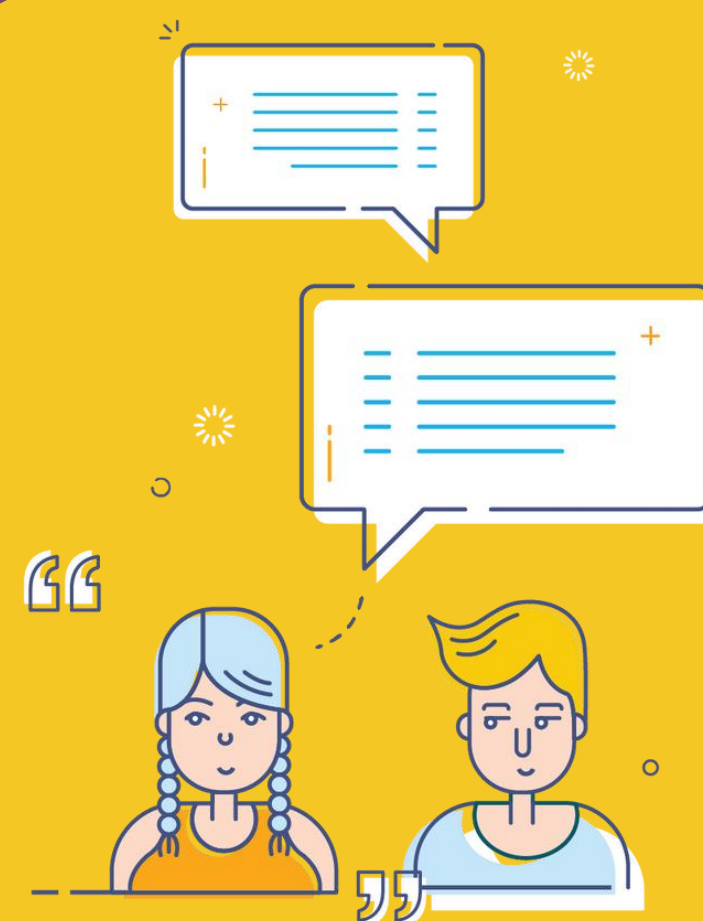


Taking Care of Mental Health

A 1 hr workshop delivered by young adults for young adults about taking care of their mental health and wellbeing



Workshop Objectives:

By the end of this workshop, participants will

- Have a greater understanding of mental health
- Have a greater awareness of what hurts and what helps our mental health
- Recognise what helps and blocks us from accessing support

Workshop Information

Where

When

Time

Contact

Cost: Free

Jigsaw is a registered charity. Our charity (revenue) number is CHY 17439. Our Registered Charity number is 20064846