



## Mental Health Week

According to mind.org, 1 in 4 people will experience a mental health problem of some kind each year in the UK. This week in the wellbeing studio we will be raising awareness around mental health and discuss the effects it can have on our lives and learn how we can try to manage this for ourselves or the people around us.

We will be joined by our special guests: Fleur Michelle Coiffait, Clinical Psychologist; Leisha McGrath, Work and Organisational Psychologist.

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Wednesday 10th May @ 1.15pm