



Mental Health Awareness Update

Presented by:

Rob Edwards, Trainer at LionHeart;

Tracy Evans, Support Officer at LionHeart and

Jo Grant, Training and Wellbeing Projects Manager at LionHeart

The LionHeart Team will collectively talk about what Mental Health is; how to look after our mental health and why it is so important. We will discuss the most common conditions that affect people; including stress, anxiety and depression. The session will also cover when and where to seek support including the Support Services provided by Lionheart for Students, Apprentices, APC Candidates and throughout a surveying career and beyond. There will be information and learning for everyone that attends this session. The Team will also be able to showcase some of the new support specifically for Students and Apprentices – including APC presentation practice.

Thursday 24th February, 2022

at

12:00 – 13:00 via

[Zoom](#) video / telephone audio call

Meeting ID: <https://us06web.zoom.us/j/86110993259?pwd=KzBISWxOQm9qbC9BaUJOznRsb3F6QT09>

Meeting ID: 861 1099 3259 Passcode: 606288

Please confirm attendance to Alan.Smith@sunderland.gov.uk by 12noon

Wednesday 23rd February, 2022

Numbers will be limited to the first 100 who enter the Zoom call

As usual the event is open to all 1947 Club Members and Guests.

Please invite anyone you may think that would be interested.

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