



Mental Health Awareness Webinar

Presented by:
Emma Carhart, Workplace Mental Health Educator with
OurMindsWork, and
Juliet Smithson, Head of Operations at LionHeart

Our mental health and wellbeing has never been more challenged than our experience of living through a pandemic. Research shows us that over a third of people said their mental health and wellbeing had been impacted by Covid 19. Our Minds Work are experts in corporate mental health culture change. Emma will share how we can all learn how to evaluate our mental health and recognize when we may need to seek help. Juliet will then tell us about the critical help and support that LionHeart can provide

on
Friday 19th February, 2021
at
12:00 – 13:00 via
[Zoom](#) video / telephone audio call

Meeting ID: <https://zoom.us/j/95626447065?pwd=UWU4TWV1SDlpd3kwcCtmbUI1MGw4Zz09>
Meeting ID: 956 2644 7065 Passcode: 623824

Please confirm attendance to alan.smith@advancenorthumberland.co.uk by
Wednesday 17th February, 2021

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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