



# Calling All Primary School Staff!

*Action Mental Health are running a Healthy Me programme tailored just for you!*



30th September 2021, 3.30pm on Zoom

If you are interested in attending please register [HERE](#) where further details are also available.

## The programme aims to:

- ✓ start a conversation about mental health
- ✓ Raise awareness of signs/symptoms of mental ill-health
- ✓ Teach self-care techniques for building resilience and confidence
- ✓ Show you how and where to access support

