



Lambeth Mental Health Champions' Network

- Have you attended Mental Health Awareness or Mental Health First Aid training?
- Are you hoping to be a mental health champion in your organisation or community?
- Are you interested in networking with other people who are working in mental health in your community and borough?
- Would you like to know where to go if someone you are caring for is experiencing some mental health challenges?
- Or do you just want to hear more on how to maintain the mental health and wellbeing of yourself and the people you care for and have fun doing so?

If you answer yes to any of the above, come along to these Network events provided free by the borough of Lambeth in association with SLaM Mental Health Promotion Team

The Foundry, 17 Oval Way, London, SE11 5RR

Wednesday 19/02/2020 – 1.30pm to 4.30pm

Thursday 19/03/2020 – 1.30pm to 4.30pm

Thursday 16/04/2020 – 1.30pm to 4.30pm



Discussions, group work, information about mental health, networking opportunities and lots more. Please pass on to others you know would benefit from the network.

Lambeth MH Champions' Networking available to anyone living or working in Lambeth that is interested in mental health and wellbeing.

Afternoon tea will be provided

Register on Eventbrite: <https://www.eventbrite.com/e/lambeth-mental-health-champions-network-tickets-91114673441>

