



## Free Mental Health Champions Event (Lambeth)

### Do you

- work, or volunteer in Lambeth?
- want to enhance the wellbeing of people you support?
- have a particular issue or problem you would like to get advice on?

The Mental Health Promotion Team is offering FREE supervision support for those working to support people with their mental health in Lambeth. Led by Rawle Ragoobar, Staff Support and critical incident expert, these 1.5 hour sessions are an opportunity for you to discuss any mental health or wellbeing issues that have arisen with people that you work with and to learn from the experiences of others.

Places are limited to 8 participants per group and will be running on the following dates and times:

**Wednesday 12th February 2.30pm-4.00pm**

**Monday 9th March 10.30am-12.00pm**

**Wednesday 15<sup>th</sup> April 2.30pm- 4.00pm**

### Jamyang Buddhist Centre

The Old Courthouse,

43 Renfrew Road

London SE11 4NA

<https://jamyang.co.uk/>



Contact: [MHPTeamBookings@slam.nhs.uk](mailto:MHPTeamBookings@slam.nhs.uk)

*Please pass this on to anyone who you think would benefit and be interested to attend*

  
Lambeth

South London and Maudsley   
NHS Foundation Trust