



No Health Without Mental Health

FREE half-day workshop

Supporting mental health awareness of people with long term conditions

Workshops are for those working in health, social and community settings including carers or others providing informal support for people with long term conditions

Workshops cover:

- Interface between good mental and good physical health.
- How physical health conditions affect our mental health.
- Recognition of the signs and symptoms of mental distress.
- The relevance to you and your work.
- Next steps.

These will take place at Bernard Weatherill House, 8 Mint Walk, Croydon, CR0 1EA

Wednesday 6 th April 2016 9:30am-1:00pm	Wednesday 20 th April 2016 9:30am-1:00pm
Thursday 5 th May 2016 1:30pm-5:00pm	Monday 16 th May 2016 9:30am-1:00pm
Tuesday 31 st May 2016 1:30pm-5:00pm	Wednesday 8 th June 2016 9:30am-1:00pm
Monday 20 th June 2016 9:30am-1:00pm	Friday 8 th July 2016 1:30pm-5:00pm
Monday 18 th July 2016 9:30am-1:00pm	Friday 29 th July 2016 9:30am-1:00pm

To book on any of these dates email SLaMLearningSolutions@slam.nhs.uk

or call 020 3668 1758