

# Is Covid-19 impacting on your mental health? Sign up to free training to make a difference to your local community.

Join South London Listens, a new campaign to support people's mental health following Covid-19.

Give your local community a voice. Sign up for training and find out how to lead a listening workshop in your community.

Free 1.5 hours training is taking place on 8th and 9th of December as well as 6th and 7th January 2021.

**Get involved, make a difference.**



Scan to find out more:

*South London Listens is a partnership with the local NHS, Local Authorities, Community Partners and the charity Citizens UK.*

[www.slam.nhs.uk](http://www.slam.nhs.uk) | [www.oxleas.nhs.uk](http://www.oxleas.nhs.uk) | [www.swlstg.nhs.uk](http://www.swlstg.nhs.uk)