

WE ARE CELEBRATING  
**WORLD  
MENTAL  
HEALTH  
DAY 2020**  
5- 10 OCTOBER 2020

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

**NAVIGATING**  
*'The New Normal'*

Join us as we reflect on navigating  
change and managing our mental health  
through uncertainty



**#WorldMentalHealthDay**

**WE'LL BE OFFERING:**

**FREE MINDFULNESS  
SESSIONS**

**A DEDICATED W.M.H.D  
WEB-PAGE**

**MENTAL HEALTH  
PROGRAMMES**

**SLIEVE DONARD  
TREK EVENT**

**MENTAL HEALTH  
BLOG POSTS**

**SELF-CARE TIPS  
& VIDEOS**



Registered charity NIC100561