

# BE KIND TO YOUR MIND

1 IN 4 OF US ARE LIVING WITH A MENTAL ILLNESS

**WHAT DOES MENTAL HEALTH MEAN TO YOU?**

Mental wellbeing and  
prevention of ill-health webinar

Health is wealth, give yours a boost. Join our webinar and discover interesting facts on common mental health issues, the importance of self-care and the impact of social stigma.

**EVERY MIND MATTERS**

**JOIN THE WEBINAR ON ZOOM**

See link sent via email or speak to your manager or local HR team.



**7 OCTOBER**

**12.30PM - 1.30PM**

If you feel like you need further support about your health and wellbeing then speak to your manager, HR or Occupational Health. Or you can contact GroceryAid confidentially on 08088 021122.

**GroceryAid<sup>®</sup>**

 **Helpline**  
groceryaid.org.uk  
08088 021122

