



# Free Mental Health & Well-being Workshops

## Online Timetable

### October 2020

Date	Topic	Time
Thursday 1 <sup>st</sup>	Managing Well-being and Mental Health in your Community	10.30 – 12.30
Thursday 8 <sup>th</sup>	My Mental Health – Finding Meaning, Feeling Empowered	10.00 – 12.00
Friday 9 <sup>th</sup>	Understanding Mental Health Services	10.00 – 12.00
Wednesday 14 <sup>th</sup>	Accessing Mental Health Services – Getting the best from Virtual Appointments	2.00 – 4.00
Thursday 15 <sup>th</sup>	Exploring Anxiety in Uncertain Times	10.00 – 12.00
Friday 16 <sup>th</sup>	Managing Anxiety in Uncertain Times	10.00 – 12.00
Wednesday 21 <sup>st</sup>	Let's Talk Depression	2.00 – 4.00
Thursday 22 <sup>nd</sup>	Accessing Mental Health Services – Getting the best from Face to Face Appointments	10.00 – 12.00
Friday 23 <sup>rd</sup>	Managing Well-being and Mental Health Recovery	10.00 – 12.00
Wednesday 28 <sup>th</sup>	Connection & Hope in Times of Isolation	2.00 – 4.00
Thursday 29 <sup>th</sup>	Let's talk Resilience	10.00 – 12.00
Friday 30 <sup>th</sup>	Family Recovery in Mental Health	10.00 – 12.00

- To sign up email Margaret at [margaret.keane9@hse.ie](mailto:margaret.keane9@hse.ie) or text 086 2873526 with the title of the workshop you want to attend.
- Or click <https://midwestaries.eventbrite.ie>
- Please book in advance as places are limited.
- Set up instructions for Zoom available once you sign up\*

HSE Mid West  
Community Healthcare



Mental Health  
Ireland