

Let's change the attitude to mental health

Around 1 in 4 people will experience a mental health problem this year, yet the shame and silence can be as bad as the mental health problem itself.

Your attitude to mental health could change someone's life. So, join us for an online event on #timetotalk day to talk about mental health!

When?

The online event will take place on the 4th of February at 11 am.

Where?

The session will be online. When you register to join, we will send you the link to take part on Zoom.

How can I join?

To register your name to join the session, please contact Ruhela on 07595614936 or email: ruhela@diversitymattersnw.org.uk.

FREE

End the stigma

Experienced speaker: Abdul Shakoor

Diversity Matters North West

Healthy Living Centre
20 Great Norbury Street
Hyde
SK14 1BR

www.diversitymattersnw.org.uk

 /DiversityMNW

 @DiversityMNW

T: 0161 368 3268 Mon-Thu 9-5/Fri 10-4

We speak: Bengali, Urdu, Punjabi.



Company Registration No. 6442869
Charity Registration No. 1125544

Let's change the attitude to mental health

Around 1 in 4 people will experience a mental health problem this year, yet the shame and silence can be as bad as the mental health problem itself.

Your attitude to mental health could change someone's life. So, join us for an online event on #timetotalk day to talk about mental health!

When?

The online event will take place on the 4th of February at 11 am.

Where?

The session will be online. When you register to join, we will send you the link to take part on Zoom.

How can I join?

To register your name to join the session, please contact Ruhela on 07595614936 or email: ruhela@diversitymattersnw.org.uk.

FREE

End the stigma

Experienced speaker: Abdul Shakoor

Diversity Matters North West

Healthy Living Centre
20 Great Norbury Street
Hyde
SK14 1BR

www.diversitymattersnw.org.uk

 /DiversityMNW

 @DiversityMNW

T: 0161 368 3268 Mon-Thu 9-5/Fri 10-4

We speak: Bengali, Urdu, Punjabi.



Company Registration No. 6442869
Charity Registration No. 1125544