

2024

WORLD MENTAL HEALTH DAY

10th October 2024



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LIVE TALK

09
OCT

Mind Matters: Protect Your Mental Wellness

with Selina Clarke



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54
MINS

How to Activate Your Happy Hormones

with Rachel Philpotts



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How To Eat To Support Good Mental Health

with Eli Brecher



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Mental health and stigma

Maria's blog



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JUNE

Therapeutic Coach- ing and Mental Health

with Kyle Davies



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Creating and Maintaining Mental Wellness

with Pinky Jangra



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