

World Mental Health Day 2019



Mental health problems can affect anyone, any day of the year, but the 10th October is a great day to show your support for better mental health and start looking after your own wellbeing.

We would like to invite you to attend our World Mental Health Day event which, this year, will focus on suicide prevention.

For more information:
0151 512 2200
learning@wirralmind.org.uk
Registered charity no. 1064007

Thursday 10th October 2019

Wirral Mind's Fountain Project
(90-92 Chester Street,
Birkenhead, CH41 5DL) from
10am - 4pm.

#WMHD2019

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for better mental health