

Tuesday, 07 May 2024

[Health and Social Wellbeing Improvement](#)



This booklet provides tips and ideas on how to organise your own Walk & Talk event to support mental health and emotional wellbeing in Mental Health Awareness Week, 13-19 May 2024.

Details

Format

12 pages, A4 PDF only

Target group

General public

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Attachment

Size

[Creating Hope Through Action Booklet 05_24 final.pdf](#) 11.75 MB

Tags

- [mental health](#)
- [walking](#)

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