Tuesday, 07 May 2024 Health and Social Wellbeing Improvement

	Creating hope through action
	Walk & Talk: steps to wellbeing
	Mental Health Awareness Week Monday 13 May – Sunday 19 May 2024 www.mindingyourhead.info
	Tips and ideas to organise your own Walk & Talk event to promote mental and emotional wellbeing
Health and Social Care	

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

Downloads

Attachment

Tags

- mental health
- walking

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