Mental Health Briefing

Wednesday 28th June, 12.30 – 1.30pm, Clifford Allbutt Lecture Theatre

Dr Litsa Biggs will provide an overview of mild to moderate mental health conditions and will discuss:

- Mental health as a continuum.
- Mental health in the workplace
- Tips for improving your mental health and how you can help others
- Sources of support you can access from your department and externally

All staff are welcome to attend
Register here: (https://mental-health-briefing.eventbrite.co.uk)