



## Meet Your Hosts:



Lisa Upton



Craig Dingwall



Mel Roberts



### Our Goal:

To provide you with insight into some of the reasons for mental ill health and how to spot the signs in yourself and others

### What we will cover:

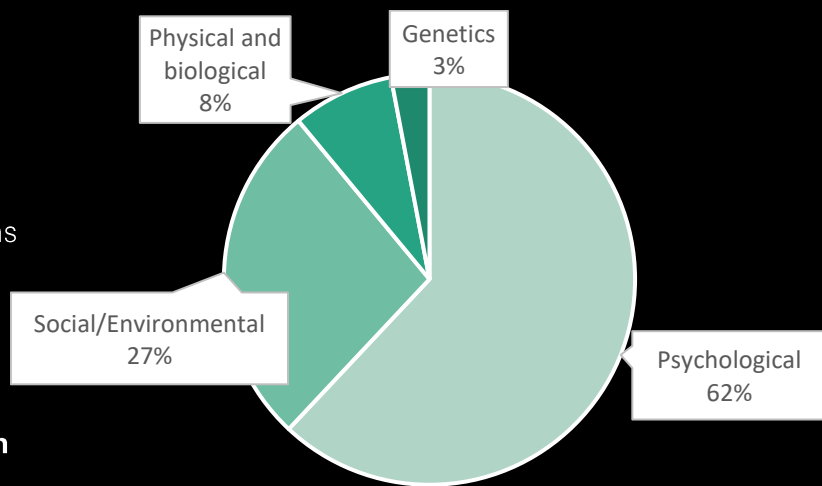
During this session you will be provided with insight about some of the primary factors contributing to mental ill health, and also some of the myths surrounding mental illness. We will also cover ways that you can spot the signs of mental ill health in yourself and others and provide you with some useful hints and tips to take away.



### Did you know?

While many people think that genetics play a huge role in a person's mental health, the fact is that only a small proportion of mental ill health conditions are hereditary. Instead we see that the majority of poor mental health is as a result of psychological & social/environmental factors.

**The good news: Poor Mental Health is a highly treatable condition.**



for between 6 and 150 attendee's  
Virtually or F2F



A useful workbook will be provided after the session

