



Mental Health during COVID-19

Webinar on 20 May 1-2pm

Being Kind to yourself

Mindfulness with
Tessa from *Being
Mindful*

It's good to talk, don't suffer in silence

Out-of-hour telephone support
with Alexander
from *Solidarity in Crisis, Certitude*
Reaching out
with Iseult and Danny from
Mosaic Clubhouse

How to cope if things get too hard

Dealing with Mental health
crisis during lockdown with
David from *Recovery
College, SLaM*

Join us for a free one-hour webinar with information on
what support is locally available and tips to stay well.

Join us on Zoom:

<https://us02web.zoom.us/j/83435981217>

or call in via phone on:

0203 481 5237

and dial Webinar ID: 834 3598 1217

For any questions, don't hesitate to get in touch!



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<http://www.healthwatchlambeth.org.uk>



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