

TEA & TALK

10TH OCTOBER IS
WORLD MENTAL HEALTH DAY

COMING TOGETHER FOR A CUPPA &
A CHAT CAN HAVE A POSITIVE
IMPACT ON WELLBEING.

CELEBRATE WORLD MENTAL HEALTH
DAY 2023 WITH A TEA & TALK EVENT
IN YOUR SCHOOL COMMUNITY.

WHY NOT TAKE TIME TO TALK ABOUT
YOUR FAVOURITE BOOK?

Working together, we can encourage mental health awareness and support as 'A Universal Human Right'.