

Free Workshops for Students Aged 16-25

Hammersmith, Fulham, Ealing & Hounslow Mind (HFEH Mind) are offering free workshops for students aged 16-25.

These are available to all non-MHST schools in north Westminster, and RBKC.

All groups will run for 1.5-hours and will be delivered over Zoom.

We will be sharing wellbeing advice and resources, and you will have the opportunity to reflect and discuss ideas.

We will be exploring the following topics (and more!):

- Food, Mood & Sleep
- Youth Mental Health Awareness
- Understanding Stress & Building Resilience
- Coping with Change & Uncertainty

Workshops take place on Mondays, 16:00-17:30. Various dates available.

Please use the Eventbrite link below to book onto a workshop.

Workshop Name	Date(s)	Link
Food, Mood & Sleep	1/02/21, 15/03/21	https://www.eventbrite.co.uk/e/136960204659
Mental health Awareness & Having a Conversation About Mental Health	22/02/21	https://www.eventbrite.co.uk/e/136965083251
Understanding Stress & Building Resilience	26/04/21	https://www.eventbrite.co.uk/e/137417925715
Understanding Anxiety	17/05/21	https://www.eventbrite.co.uk/e/137418667935
Coping with Change & Uncertainty	14/06/21, 28/06/21	https://www.eventbrite.co.uk/e/137169336177

