

**Talking
mental health**

join the conversation



Together with our partners

Mental Health Awareness Week

14th - 20th May 2018

Come and talk to us about Mental Health Care on the Island and also find out about the support available to improve your day-to-day mental health and wellbeing at:

Riverside Centre

The Quay

Newport

12:30 - 3pm

Monday 14th May 2018

(On site parking available; access via Fairlee Road)

A range of Island partner organisations will be available to talk and share their resources, including how to cope with stress.

