



May Training Event



Mental Health

**Presentation by Jez
Spencer**

Mental Health Specialist



Aims of this training evening

Session One

- * Mental Health and Mental Ill Health - What are they are what are the differences (including stress) - Myth busting
- * How to respond and what to say to someone
- * Discussions and exercises to help identify worries / anxieties / stresses for people

Session Two (will be a 10 minutes break for people who wish to leave between sessions)

- * Suicide prevention - myth busting
- * What are the things. You can do to help

Wednesday 16th May - Engineer's House

Clifton Down Road, Clifton, Bristol BS8 3NB

Wednesday 23rd May - Fry's Conference Centre

Somerdale, Keynsham, Bristol, BS31 2AU

Hot buffet available at each venue from 6:30pm

Events start at 7:30pm

Please confirm attendance completing the online booking form at:

<http://psnc.org.uk/avon-lpc/news-and-events/2018-training-events/>

All pharmacy staff welcome from ALL Avon LPC areas

These events will count towards your Continuing Professional Development

