## Tuesday, 07 May 2024 Health and Social Wellbeing Improvement

	Creating hope through action
	Walk & Talk: steps to wellbeing
	Mental Health Awareness Week Monday 13 May – Sunday 19 May 2024 www.mindingyourhead.info
	Tips and ideas to organise your own Walk & Talk event to promote mental and emotional wellbeing
Health and Social Care	Lifeline HEALTH GOOD SOOS SOOO 111111

This booklet provides tips and ideas on how to organise your own Walk & Talk event to support mental health and emotional wellbeing in Mental Health Awareness Week, 13-19 May 2024.

## Details

Format 12 pages, A4 PDF only Target group General public

## **Downloads**

Attachment

## Tags

- mental health
- walking

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