**Mental Health Awareness Day**

**Friday 1 March 2019 8.45am-12noon and health checks if desired from 12noon onwards**

**[](https://www.google.com/imgres?imgurl=https://visitkatherine.assets-be.digital/images/operators/mental-health-service/3939488111.jpg&imgrefurl=https://www.visitkatherine.com.au/mental-health-service&docid=0BxzxLRVVhRAmM&tbnid=nroeDao90ZT6HM:&vet=10ahUKEwjZlPn8i7LgAhWnQxUIHfFHCsUQMwiWASgoMCg..i&w=440&h=330&bih=855&biw=1280&q=mental%20health%20pictures&ved=0ahUKEwjZlPn8i7LgAhWnQxUIHfFHCsUQMwiWASgoMCg&iact=mrc&uact=8)8.45am-9.00am** – Arrival with refreshments. Information stands on support groups such as **MensSana**, **Verve**, **Al-non Family Groups**, **Women’s Aid** and **Menshed** in Portadown.

**9.00am – 9.05am** – Welcome from Mrs Lee, organiser of Mental Health Awareness event.

**9.05am – 9.40am** **Women’s Aid** – Helping Hands Programme and what support the Women’s Aid organisation can offer adults.

**9.40am-10.00am** – Practical session of relaxation techniques and the benefits of **yoga** from Mairead Morgan.

**[](https://www.google.com/imgres?imgurl=https://www.cctraining.uk.com/wp-content/uploads/2018/07/relatedmedia.png&imgrefurl=https://www.cctraining.uk.com/mental-health/&docid=ZOxm_qALv0scUM&tbnid=oIW1UyTBsGSAcM:&vet=10ahUKEwibksbSj7LgAhUztHEKHfr8DZsQMwiNASgZMBk..i&w=400&h=400&bih=855&biw=1280&q=mental%20health%20images&ved=0ahUKEwibksbSj7LgAhUztHEKHfr8DZsQMwiNASgZMBk&iact=mrc&uact=8)10.00am-10.15am** – Effects of drugs – **1 pill can kill** – a hard-hitting talk & video by William Burns whose son died at 23 years old.

**10.15am-10.30am** - Effects of alcohol on friends and family by **Al-non Family Groups**.

**10.30am-10.45am** – *Break with tea and scones and time to browse information stands.*

**10.45am-11.30am** – **Action Mental Health MensSana** organisation by Alan Kingsmill - raising awareness of signs and symptoms of mental distress and how to cope positively with stress.

**11.30am-11.40am** – Men’s Mental Health by Alan McDowell from **Menshed** in Portadown, including time to ask questions.

**11.40am-11.50 am** - **Take 5** – practical steps to improve mental health and well-being

**11.50am-12.00 noon** –Alternatives to medication on offer from the **Eden Health Shop** on dealing with anxiety.

**12pm-1pm** - A free pop up clinic of health checks if desired from **Verve** – ‘promoting healthy communities’.

There will be: a free goodie bag for every adult from the PSCP (Policing and Community Safety Partnership)

***This event is open to ALL members of the community, young\* and old, with or without connections to the school. It is free of charge and will benefit EVERYONE. Please come yourself and bring as many friends and relations with you as possible.***

\*all attendees must be 16 years of age or older

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I will be attending the **Mental Health Awareness Day** on **Friday 1 March 2019**.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (please print) Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please select option below (to enable us to cater for the correct number attending):

*I will be coming alone* **OR** *there will be \_\_\_\_\_\_ people accompanying me.*