

# Free Online Mental Health & Wellbeing Workshops

For anyone aged 18+ with an interest in mental health



## September 2022



### Wednesday Sept 7th

10.00am-12.00pm

#### Pt. 1 Exploring Anxiety



In this workshop we explore our understanding of anxiety. We discuss a range of topics including "what is anxiety?", "what causes anxiety?" and "is anxiety normal?"

### Thursday Sept 8th

10.00am-12.00pm

#### Pt. 2 Managing Anxiety



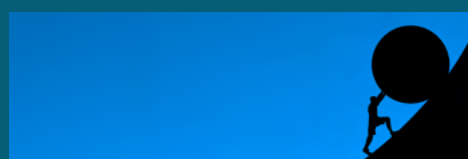
This second workshop in the series focuses on managing anxiety. We explore practical tips and tools that you can put into practice when anxiety strikes. In particular we will discuss who or what can help when managing anxiety.



### Tuesday Sept 13th

2.00pm-4.00pm

#### Let's Talk Resilience



In this workshop we will discuss our understanding of resilience and why it is important for our mental health and wellbeing. We will explore personal tools and strategies that can help to develop and support our resilience now and in to the future.

### Tuesday Sept 27th

2.00pm-4.00pm

#### Managing Wellbeing & Mental Health Recovery



During this workshop we explore different views on wellbeing and recovery in mental health. We discuss what and who can help with managing your wellbeing and mental health. Includes a personal story of recovery.





# Innovation & Change in Mental Health Services Free Webinar

Wednesday September 28th 2022 2.00pm-3.00pm

Mid West ARIES Online Event in  
partnership with Mental Health Ireland



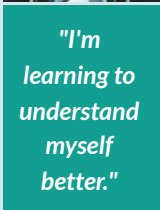
Join us for a panel discussion where we explore the latest innovations happening across the mental health services and look at how these changes are implemented.



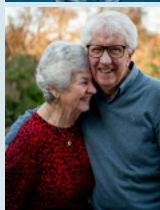
*"Taking part in this workshop was healing for me."*



*"Really love this! I feel less lonely."*



*"I'm learning to understand myself better."*



All of our workshops are **free** to attend.

Our workshops are for anyone (aged 18 and over) with an interest in mental health and wellbeing.

All of our workshops are co-produced. This means that the topics are created by people with lived experience of mental health challenges, people using the services, family members and service providers.

All online workshops are 2 hours in duration.

## BOOK NOW ON EVENTBRITE

<https://midwestaries.eventbrite.ie>

### For More Information Contact:

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