SHREE PRAJAPATI ASSOCIATION (UK)

ESTABLISHED 1975 CHARITY NO. 802570

શ્રી પ્રજાપતિ સમાજ (યુકે)

Seminar: Mental Health Awareness

The presentation will cover:

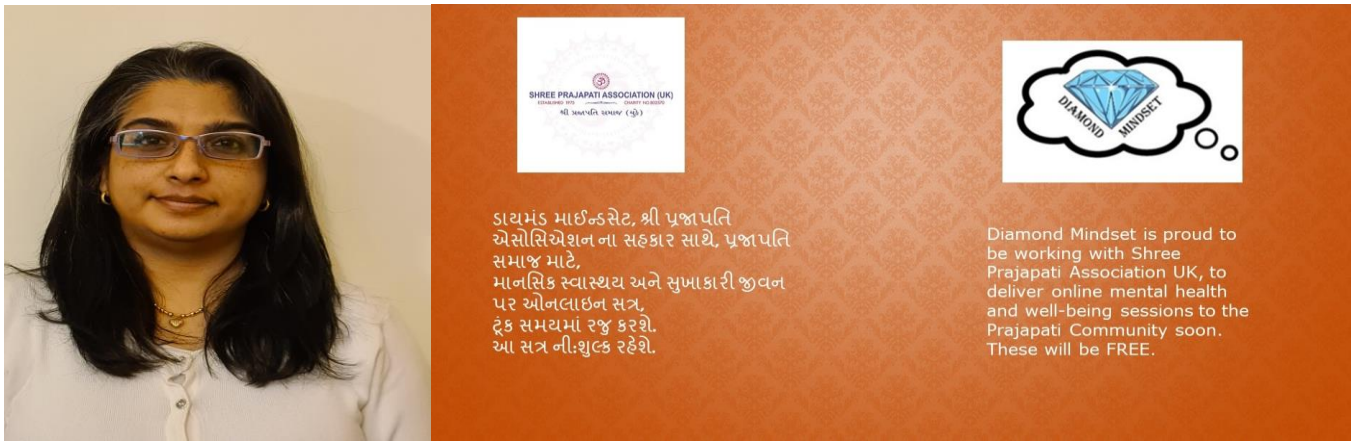
What do we mean by Mental Health?

Stigma around Mental Health.

Why Mental Health issues are important to understand.

What you can do to look after your Mental Health?

What type of support can you get?



Chetnaben Mistry is the Director of Diamond Mindset Limited. She qualified as a Mental Health Nurse in 1998 from The University of Birmingham. Her work experience includes working with both adults and children, and with various types of mental health difficulties in a variety of settings.

There are 3 dates to put in your diary regarding the Mental Health sessions:

8pm Monday 21st Feb 2022 – General Mental Health Awareness
8pm Monday 28th Feb 2022 – What is Stress?
8pm Monday 7th March 2022 – Issues with not Sleeping well.

For each session please use the below ZOOM ID and PASSCODE

Zoom @ 8.00pm (Mon 21/2, 28/2, 7/3/2022)

Meeting ID – 389 235 0023

Passcode - 12345