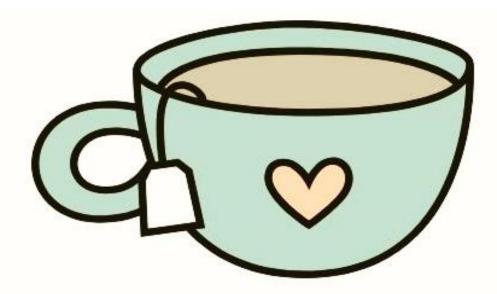
"Tea & Empathy"

(Let's Talk About Mental Health & Wellbeing)

Thursday 4th March 2021

{ 10 - 11:30am | Virtual Event }



There is a lot going on at the moment...

So perhaps it is time to take a moment to consider your own mental wellbeing, as well as those around you.

Bring Your Own Cuppa & Join Us

Click Here To Register Your Interest

(LJMU Wellbeing Week Event 2021)



LJMU Wellbeing Week 2021

To mark this year's Wellbeing Week, LJMU's Dis-Ability Staff Network would like to invite LJMU/JMSU staff to attend an informal virtual "Tea & Empathy" session, where participants will have a safe space to:

- Share ideas and tips for wellbeing
- Connect with people that understand the impact mentalill-health can have
- Seek guidance from others whom may have similar experiences or related conditions
- Gain insight into how best to support friends, family & colleagues

Interested?

If you would like to attend, please register your interest via the <u>LJMU Staff Development Calendar</u>, you will be sent Zoom login details closer to the event.

• **DATE:** Thursday 4th March 2021

• **TIME:** 10 – 11.30am

• LOCATION: VIRTUAL ZOOM EVENT

~ We look forward to seeing you soon ~



