

“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 mental-ill-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 [LJMU Staff Development Calendar](#), 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 ~

