

Mental Health Matters

Mental Health Awareness

The Royal College of psychiatrists alongside the British Psychological society are deeply worried about the impact of lockdown on multiple generations in our society, whilst recognising individuals' resilience and resourcefulness. Now more than ever we need to support everyone in utilising effective tools to navigate mental health and know when to reach out for more specialised interventions.

This session will explore our mental health needs and how the pandemic has affected everyone. We will consider stress and brain changes and how low mood can impact every aspect of our working lives and relationships. We will provide nurturing and supportive tools to help you thrive and flourish again.

Session Outline

- The importance of knowing what 'Mental Health' is
- Supporting and recognising individual's emotional resilience & resourcefulness
- Knowing when more help needs to be sought & where to go
- Exploring psychological, biological & biochemical brain changes for everyone experiencing stress and anxiety
- Supporting yourself and those around you when mental health is a concern

Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators in behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.