

Talking Matters

It's time to talk about mental health

We are continually hearing in the news and daily life about the “mental health crisis”. Whilst this is meant to build awareness, it can often make wrapping our heads arounds mental health feel insurmountable. The truth is that when we all can talk about it, we create a world where getting help is normalised, making it possible for people to access support. This session is designed to empower people with the skills to open up a conversation about mental health. Whether you need support or want to offer it or create a bigger conversation in your organisation, this provides an opportunity to destigmatise mental health conversations.

Participants will leave ready and able to have open and honest conversations creating an atmosphere of safety and support.

Session Outline

- Dismantling stigma around mental health
- Asking for help
- Reading between the lines
- Active listening for the win
- Healthy boundaries and realistic expectations
- Building a supportive work community

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 behavioural disorders, autism and the at risk population. She has trained many educators on 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.