

Mental Health Awareness Matters

Knowing yourself better

Mental health is a highly misunderstood concept. Many look at mental health as a problem to be sorted out or a shameful state. It is extremely important to have an understanding of mental health and what causes it to change. In this session, we are going to redefine mental health. We will talk about how to notice signs of mental health becoming poor. We will talk about some common diagnoses and how they show up in the workplace. We will also work to remove the stigma around talking about our mental health and how to feel empowered to get help and support.

Session Outline

- Defining 'Mental Health'
- How to recognise the signs of declining mental health
- Common diagnoses and how they show up
- Changes to improve mental health
- Starting the conversation
- Knowing when more help needs to be sought and where to go
- Useful websites and resources

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. She 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.