

Mental Health Awareness Matters

From awareness to action

While awareness has moved conversations forward, it's action that protects mental health day to day. In this practical, insight-led session, we move beyond definitions and diagnoses to look at what mental health really looks like in everyday life – at work, at home and in the moments we often miss.

We'll explore why some people struggle more than others, how stress quietly builds, and what shifts someone from coping to overwhelmed.

Most importantly, we focus on the actions that help when it matters most.

Session Outline:

- A clearer understanding of what mental health really means day to day
- Insights into stress, and why the same pressures affect people differently
- Early signs to notice in yourself and others
- Practical ways to protect your own mental health
- Confidence to check in and support someone else
- A stronger sense of how we can all influence mentally healthy workplaces.

Facilitator: Sharron



Sharron is a Mental Health First Aid Instructor and Cancer Awareness Trainer, who has worked with leading brands and brilliant teams of all sizes. She knows exactly how powerful the right support at work can be – and how damaging it feels when it's missing.

Her training is human, practical, and impossible to forget. Making complex topics accessible, practical, and impactful, Sharron is all about shifting perspectives, inspiring action, and creating culture change that lasts.