

Alcester Town Council and **Lifespace**

have been working with young people in the town to create a

mentally healthy and supportive community



Come along to our presentation and discussion where we will share with you a taste of the Youth Mental Health First Aid and Ambassador Training we have delivered to Year 10's and Year 12's at the local schools and aim to give you:

An understanding of some of the common mental health issues affecting young people

Skills to work more effectively with young people living with mental health issues

Ways to support young people with a mental health issue and relate to their experiences

Skills to look after your own mental health so that you can set an example for young people

Date: **Wednesday 25th September 2019**

Time: **5:30pm until 7:30pm**

Jubilee Centre, Jubilee Fields, St Faith's Rd, Alcester B49 6AG

Let's create a future where mental health is treated as a normal part of life, in the same way as physical health. A future where every young person has access to support if they need it.

To book your **Free** place, please contact Wendy Sherwood

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Email:info@alcester-tc.gov.uk

Refreshments provided



Life space
Reduce distress • Build resilience • Achieve more