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**Mental Health and Emotional Wellbeing Webinar**

**As part of this year’s Regional Mental Health and Emotional Wellbeing campaign, in partnership with the six health trusts in NI and the Public Health Agency**

**This free interactive Webinar is open to everyone and will explore some actions that everyone can take to create hope. Learn more about the impact of social connections, self-compassion and resilience on our wellbeing**

**Delivered by Ed Sipler, Health Development Specialist, South Eastern Health & Social Care Trust**

**Wednesday 12 October 11.00am-2.00pm**

**Sign up via Eventbrite by clicking the link or scanning the QR code below!**

[**https://www.eventbrite.co.uk/e/creating-hope-through-action-tickets-429643223447**](https://www.eventbrite.co.uk/e/creating-hope-through-action-tickets-429643223447)

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