UCL

Mental Health Awareness Week

Events Programme 2023

Monday 15 May

10:00 - 11:00

Third Wave Therapy for Anxiety (webinar)

Tuesday 16 May

12:45 - 13:15

Mindfulness (webinar)

13:30 - 14:30

Meet your Mental Health First Aiders (Queen Square Gardens – free coffee)

Wednesday 17 May

12:30 - 13:30

Wild Bloomsbury Walk & Lunch (Queen Square Gardens)

Thursday 18 May

10:00 - 11:00

Mental Health Inequalities Between LGBTQ+ & Heterosexual People Across the Life-course (webinar)

13:00 - 14:00

Nurturing Healthy Friendships (webinar)

Friday 19 May

10:00 - 11:00

What Worries Men in the Workplace & How Can We Address It? (webinar)

11:30 - 12:30

Stress Briefing: Managing work-related stress (webinar)

14:00 - 15:00

Sharing your Mental Health Anonymously (2nd floor, QSH)

See the full Programme & Register (scan the QR code or use the link below it)

www.ucl.ac.uk/ion/mhaw-2023