



CONFERENCE

SPEAK OUT FOR POSITIVE MENTAL HEALTH

OCTOBER 15TH, LES COTILS — 8AM-1PM

Mental health issues will affect 1 in 4 of us this year.

This conference highlights the impact of mental health at work and in sport. Top speakers from the UK and Guernsey will share their experiences and highlight how changing our attitude can make a huge difference. Tickets £50.

BOOK ONLINE: guernseymind.org.gg

Or Email: nicky.lenoury@guernseymind.org.gg

Kindly sponsored by

Deloitte.

CONFERENCE SPEAKERS



Gareth Thomas
Welsh Rugby Intl
Mental health speaker



John Binns
Former partner
Deloitte UK
Mental health champion



Sue Baker
Time to Change
UK anti-stigma
campaign



Dave Warr
Intertrust Group
Sports Commission
Community Foundation



Chris Griffiths
Two Degrees North
Coach, Ladies Rugby
President, St Jacques

GUERNSEY MENTAL HEALTH WEEK 10-17 OCT 2015

THE SMALL THINGS MAKE THE BIGGEST DIFFERENCE

Be Honest: if someone asks how you're feeling, don't shy away, they're asking because they care. If you think you need help ask for it.

Be Available: keep in touch with the people who make you feel good. Find out how they are and share a smile.

Be Patient: ups and downs happen all the time. Be kind to yourself, take small steps and reward yourself for little victories.

Be Present: try not to feel guilty about yesterday, try not to worry about tomorrow. Focus on what is good right now.

Be Yourself: remember you're still the same person. Sometimes you succeed, sometimes you fail but no-one else can be a better you.

STOPP — A tool for stressful situations

Stop and step back

Take a Breath

Observe what you are feeling and thinking

Pull back, what advice would I give a friend?

Practice what works when you are sure

Contact us

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