



# Mental Health Awareness

Wednesday 20th March

10.30 am– 1.00 pm

Hinton Community Centre, Hereford

**Its time to  
talk!  
Join us for  
a better  
future**

What is in place in Herefordshire to support those with mental health needs?

Is your friend at crisis point?

Are interventions in place for better:

- Health
- Employment or job outcomes
- Housing
- Quality of life

**Who can  
you turn  
to and  
where?**

**Help start the process with other professionals and service users**

**Tell us  
what you  
think will  
help**

**Bookings essential. Free networking lunch**

**For details contact:**

**[sylvia.nicholls@btinternet.com](mailto:sylvia.nicholls@btinternet.com)**

**Or ring 07817 473813**