



HDU invite you join us for our
Mental Health Seminar
Wednesday 6th June 10.30—1.00 pm
at Hinton Community Centre, Hereford



The role of the mental health team
Hear about living with Bi-Polar
Find out about Street Pastors
Mental Health First Aid +
Training for it

The Samaritans in Hereford
Children's Mental Health supported
by "In Their Shoes" a local charity



Limited
Places
Please book
now



Free networking buffet lunch

Contact

Sylvia Nicholls on 07817 473813

Or email:

sylvia.nicholls@btinternet.com