

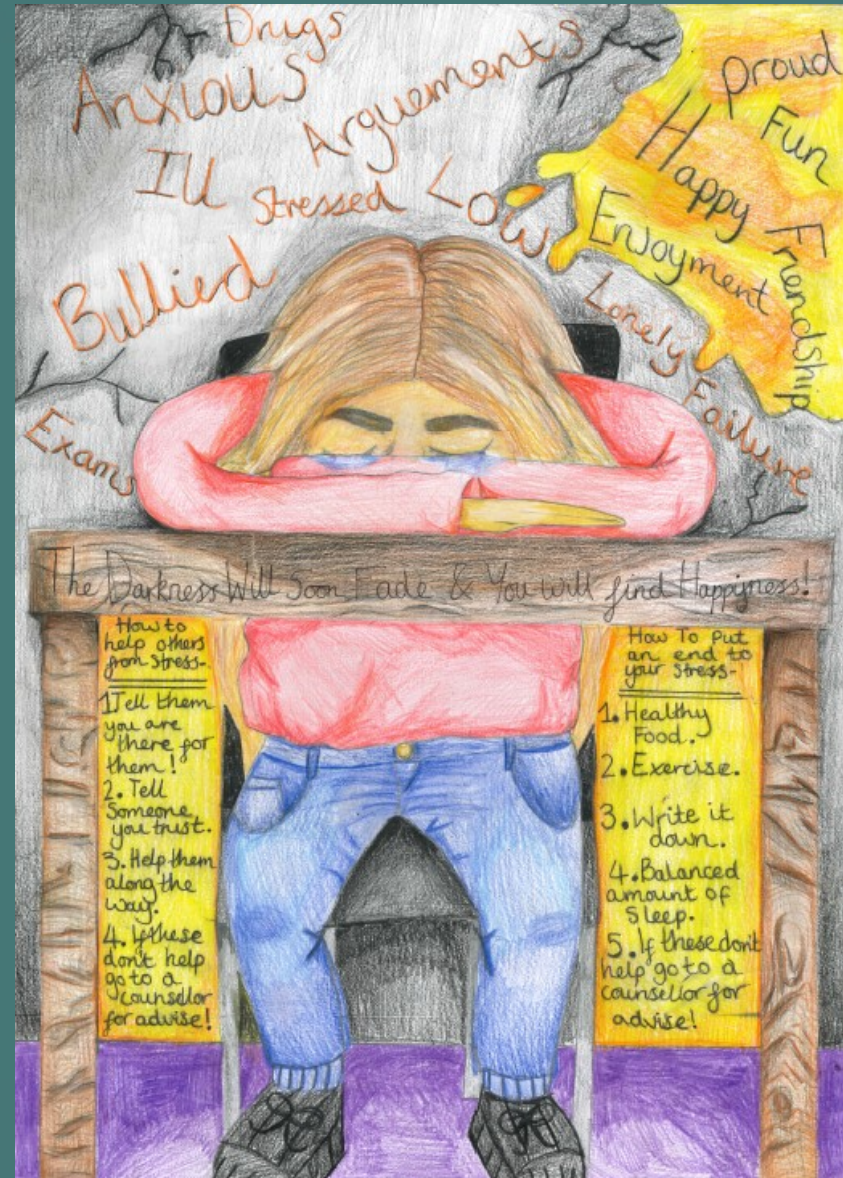


This Mental Health Awareness Week we are promoting the steps we can take to look after our mental health and wellbeing. Good mental health is more than the absence of a mental health problem – we all have mental health and to be well we need to look after our minds and bodies. Join in one of our events to find out more about how to thrive with good mental health.



MENTAL HEALTH Awareness Week

DIARY OF EVENTS



Design by Tiya Hendron, Earlston High School

Monday 8th - Sunday 14th May 2017

Date	Description
Monday 8th May	Volunteering Coffee Morning with Galashiels Community Learning & Development Linking the 5 Ways to wellbeing with volunteering Venue: Langlee Community Centre, Galashiels, 10.30am
	'Don't Judge A Book By Its Cover' An opportunity to get together for a chat about mental health in the relaxing atmosphere of a well stocked bookshop. Speakers are champions from the See Me Campaign Venue: Whitties Book Shop, Peebles 6.30pm
	Mentally Flourishing Mums Group and Live Borders Display of work can be seen all week Venue: Borders Textile Towerhouse, Hawick
Tuesday 9th May	Information Stand Promoting positive mental health and self-help materials Venue: Borders General Hospital, all day
	Skills For Surviving And Thriving Through Stress with NHS Borders Stressbusters Venue: Kelso Library, drop in from 4.00pm - 5.30pm, presentation 5.30pm Contact 01573 223171
Wednesday 10th May	Launch Of New Wellbeing Guide 'Six Ways to Be Well in the Borders' for more information email health.improvement@borders.scot.nhs.uk
	Information Stand Promoting positive mental health and self-help materials Venue: Borders General Hospital, all day
Thursday 11th May	Information Stand with Penumbra Promoting positive mental health and self-help materials Venue: Gala Transport Interchange, 10.00am - 12.00noon
	Reminiscence Session with Live Borders Venue: Hawick Museum, Wilton Lodge Park, 10.00am - 12noon
	'Walk It' Lunchtime Health Walks Venue: Scottish Borders Council HQ, 12noon and 12.30pm
	Information Stand Promoting positive mental health and self-help materials Venue: Borders General Hospital, all day
	Skills For Surviving And Thriving Through Stress with NHS Borders Stressbusters Venue: Galashiels Library, drop in from 3.00pm - 5.30pm, presentation 5.30pm Contact 01896 664170
Sunday 14th May	Drumming Workshop With Samba Sisters Drumming Group Venue: Hawick 10.00am—4.00pm Women only, limited places please email lgbtborders@gmail.com

