



The Importance of Good Mental Health

PAVS in collaboration with West Wales Action for Mental Health is offering a series of free bite sized sessions on various topics related to good mental health.

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| Understanding Anxiety | May 5 th – 10am – 11am |
| Bipolar & Depression | May 12 th – 10am – 11am |
| Understanding Schizophrenia | May 19 th - 10am – 11am |
| Compassion in Mental Health Care | May 26 th – 10am – 11am |
| Talking about Death & Dying | June 2 nd - 10am – 11am |
| Spirituality & Mental Health | June 9 th – 10am – 11am |
| What to do in a Mental Health Crisis | June 16 th – 10am – 11am |

For more information and to book a place go to the Events & Training page on the PAVS' website:

<http://46.32.240.43/pavscovid19.org.uk/help-for-organisations/training-events/>



West Wales Action for Mental Health
Gweithredu dros lechyd Meddwl Gorllewin Cymru

Working together to improve the standards of mental health throughout West Wales
Gweithio gyda'n gilydd i wella safonau lechyd meddwl ledled Gorllewin Cymru

