5 Boroughs Partnership NHS
NHS Foundation Trust

World Mental Health Day 2011

Monday 10 October

Look after your mental well-being and challenge stigma!

World Mental Health Day is a chance for you to get together with others and talk openly about the issues surrounding mental health.

As our organisation has signed the **'Sticks and Stones'** petition to stamp out the stigma surrounding mental ill-health and learning disabilities on behalf of you, our employees, we feel it is important for you to get involved.

We invite you to think, talk and take action on mental health, learning disabilities and stigma with your colleagues on and around Monday 10th October, to mark **World Mental Health Day**.

To find out details about how we are celebrating World Mental Health Day, **contact** ……