

2020

ST HELENS WELLBEING
sthelenswellbeing.org.uk

September Wellbeing Calendar

chcp



ST HELENS
BOROUGH COUNCIL



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 Launch Campaign on Social media and St Helens Star 9am Basic Mental Health Awareness training 11 am Basic Suicide Awareness training	4	5
6	7 Wellbeing Staff attending MHFA Instructor training 9am Stress and Anxiety training 11am Stress and Anxiety training	8 Wellbeing Staff attending MHFA Instructor training	9 2pm Stress and Anxiety training	10 WSPD begins. 8pm see 'candle in your window' 9am Basic Mental Health Awareness training 10am- 12noon Hope and recovery in time of Covid 2pm Basic Suicide Awareness	11 11am Community Zero Suicide Awareness training	12
13	14 9am Stress and Anxiety training 11am Stress and Anxiety training	15	16 2pm Stress and Anxiety training	17 9am Basic Mental Health Awareness 11 am Basic Suicide Awareness	18 10am Join the Big Online Brew	19
20	21 9am Stress and Anxiety training 11am Stress and Anxiety training	22	23 Community Training Today (open to all) 2pm Community Stress and Anxiety training	24 Community Training Today (open to all) 9am Basic Mental Health Awareness training 11 am Basic Suicide Awareness training	25	26
27	28 9am Stress and Anxiety training 11am Stress and Anxiety training	29 Supporting Workplace Health 9.30-10.30 11am - 12noon Community 5 Ways to Wellbeing session Supporting Workplace Health 2-3pm	30 2pm Stress and Anxiety training			

Feel better, live better