



**Friday 15<sup>th</sup>  
February  
2019**

Sebright  
Mental Health  
and Well-Being Day

## **Time to Talk Day 2019**



Let's talk about **Mental Health**: Anxiety, Panic Attacks, Depression, Eating Disorder, OCD, Stress, Worries ...

**Mental Well-Being Is Key**

## **Discussions and Workshops**

for the whole school and the whole day

**Non Uniform Day but Wear anything of your PE colour**

**Parents** : Mental Health  
and Well-Being Workshop

**9am in Learning Space**

Please register at the office

Please donate £1 towards charity



Your donation could give someone hope and help them know they're not alone

**However you do it, make a  
conversation about mental health.**

**#timetotalk**

