

## Stories of wellbeing and recovery

### From Cavan and Monaghan

#### World Mental Health Week Webinar

**Thursday 8th October from 7:00 pm to 8:30 pm**

Join us at our online event to hear from people speaking about their own personal experience of mental health, well-being and recovery. Speakers will also include staff from Cavan Monaghan Mental Health Service, Mental Health Ireland and Teach Oscail Family Resource Centre. The event will end with a panel discussion and some tips on mindfulness and self care.

**Register for this online event here:**

[https://us02web.zoom.us/webinar/register/WN\\_Dd26X9adTJ2rccQC5wU8KA](https://us02web.zoom.us/webinar/register/WN_Dd26X9adTJ2rccQC5wU8KA)

Remember that trusted support and information is always available. Visit [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie) for information on **#mentalhealth** and services