INSTITUTE OF CORROSION

Zoom Webinar Introduction to Mental Health

Date and time
27th November 2020
12pm to 1pm (BST)

Please pre-register to attend

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https://zoom.us/meeting/register/tJYtde-vrTIoEtG3etFZ_XDIBeY_pgU4AQcl

Key Message

“We are living in challenging times, the post trauma effect of the pandemic will be significant and effect us all.

From working in isolation, battling public transport and eventually making our way back to work, we must be aware of our own and others mental health.

Understanding how to identify problems and where to find help, is essential, as we return to whatever the normal will be.

Knowing how to look after yourselves, and others is paramount.

If we act now and get a baseline understanding of mental health and wellbeing factors, we will be in a better position to bounce back.”