

# Mental Health Awareness Week



**When:** Friday 14th October

**Where:** Retford Butter Market

**Time:** 10am Start

- **Speak to someone with a lived experience of mental health.**
- **Interactive Workshop about Mental Health running from 1:30pm.**
- **Raffle, Tombola, Tea & Coffee, Home Made Cakes, Snakes and Ladders**
- **Recovery Jewellery and Home Made Cards .**

## **Information Stands from:**

- Framework
- SHE (survivors helping each other)
  - Drug and Alcohol services
  - Volunteering and Befriending
    - Peer Support
  - 'Depression can be Fun'
- Notts Healthcare Membership
  - Hearing Voices
  - Smile! Stop Hate Crime

**AND MUCH MORE.....**