

Mental Health Awareness Week

Working Towards Dignity & Mindfulness



#MHAW15

The Tuke Centre
28 Green Dykes Lane York YO10 3HH

We are offering three events for Mental Health Awareness Week:

- **For GPs**

11th May from 6pm-7.30pm.

Focused on the areas GPs have identified as important to them and their patients.

- **For Local Employers**

12th May from 5-6.30pm.

Focused on supporting them to keep people with mental health issues at work and to support people to return to work.

- **Retreat Open To All (ROTA)**

13th May from 2pm-7pm.

Includes short presentations on What to expect from therapy; Mindfulness (including a mindful walk); Group therapy and stalls from various local organisations working with mental health issues. Come along and ask the questions you have always wanted answering – and meet a therapist or two.

visit our website

www.thetukecentre.org.uk



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