

Mental health awareness week 2018

Events in Swale

Find events in your area this mental health awareness week.

Can't make it to any of these events or activities? Visit our website – livewellkent.org.uk – or call our free helpline on 0800 567 7699.

Monday 14 May	Tuesday 15 May	Wednesday 16 May	Thursday 17 May	Friday 18 May	Saturday 19 May
<p>What? All day mental health event with stalls and experts providing different services in your area – including free health checks</p> <p>When? 10am - 4pm</p> <p>Where? The Gateway 38-42 High St Sheerness ME12 1NL <i>Run by Live Well Kent</i></p>	<p>What? Information event with stalls and experts offering services near you – including free health checks and massages</p> <p>When? 10am - 2pm</p> <p>Where? Sittingbourne Library Central Avenue Sittingbourne ME10 4AH <i>Run by Swale Your Way</i></p>		<p>What? All day mental health event with experts providing different services in your area – get free health checks, free massages and advice about getting fit</p> <p>When? 11.30am - 5pm</p> <p>Where? The Quays Crown Quay Lane Sittingbourne ME10 3JN <i>Run by Swale Your Way in partnership with Riverside</i></p>	<p>What? Meet and talk to different mental health providers – choose which services to talk to and find the support that's right for you</p> <p>When? 10.30am - 12.30pm</p> <p>Where? Jobcentre Plus 3 Millennium Way Sheerness ME12 1PD <i>Run by Live Well Kent</i></p>	<p>What? Popping down to your local home improvement store? Chat to mental health experts while you're there</p> <p>When? 10.30am - 12.30pm</p> <p>Where? Bunnings Sittingbourne retail park Mill Way Sittingbourne ME10 2XD <i>Run by Swale Your Way</i></p>
<p>What? Employment workshop – help to cope with work-related stress</p> <p>When? 1 - 3pm</p> <p>Where? Shaw Trust St George's Business Park Castle Road Sittingbourne ME10 3TB <i>Run by Shaw Trust</i></p>	<p>What? Information stand – get advice on managing your mental health, regaining your independence and help to get into work, volunteering or education</p> <p>When? 10am - 4pm</p> <p>Where? Jobcentre Plus 3 Millennium Way Sheerness ME12 1PD <i>Run by Aspirations</i></p>				