

LET'S TALK ABOUT MENTAL HEALTH STIGMA



Your expertise matter. By sharing your views, you can help shape the way we talk about mental health in Leeds.

We're inviting **employers and workplace representatives** to join an open, supportive conversation about mental health stigma and community attitudes.

See the back for dates, times and how to sign up!



WHO CAN JOIN?

These sessions are open to employers outside of the mental health sector. You don't need any professional experience or lived experience of mental health problems — just an interest in open, respectful conversation.

WHAT CAN I EXPECT?

A two-hour focus group where you will be asked to share your thoughts and experiences around mental health stigma.

You can share as much or as little as you are comfortable with.

WHEN AND WHERE?

24th February, Leeds City Centre

Full details will be provided upon booking.

HOW DO I SIGN UP?

Get in touch on:

0113 248 4880

info@beingyouleeds.org.uk

Speak to a member of our friendly team who will book you onto a session.

