

# World Mental Health Day

## Thursday 10<sup>th</sup> October 2019

**FIND US  
HERE...**

**Opposite Bedford Central  
Library, Harpur Street,  
Bedford MK40 1PG,  
between 11am and 3pm**



Come along and play **FREE table tennis**, **FREE yoga** have a go at the **smoothie bike**, join in with **taster activities** and meet lots of fantastic **local organisations** who offer mental health support and advice.

Local organisations will be promoting positive conversations around mental health, there will be lots of opportunities to ask questions and raise awareness.

For more information, please contact [robert.lindsay@bedford.gov.uk](mailto:robert.lindsay@bedford.gov.uk) or **01234 718829**



**BEDFORD**  
BOROUGH COUNCIL



*Bedfordshire*  
mental health and wellbeing service  
provided by ELFT

