

CARING AND SUPPORT SKILLS

Mental Wellbeing Workshop



Over 4.5 million Carers worry about the impact caring has on their own mental health. Are you one of those Carers?

For information around your own mental wellbeing, ways to reduce mental distress and techniques to create your own positive mental wellbeing join CASS The Carers Association's Mental Wellbeing workshop.

**The workshops will be held online over 4 weeks on:
Wednesday 3rd, 10th, 17th & 24th August 2022
10am - 12pm**

For more information and to book call our Carers Advice Line on 01785 606675



The free online workshops will cover:

- Pathways for accessing mental health services
- Looking after a carers wellbeing
- Sleep and resting strategies
- Self care and stress
- Carers breaks and how to manage a break
- Accessing a carers assessment

CASS The Carers Association

Supporting Carers to Care

