

Tuesday, 07 May 2024

[Health and Social Wellbeing Improvement](#)



This booklet provides tips and ideas on how to organise your own Walk & Talk event to support mental health and emotional wellbeing in Mental Health Awareness Week, 13-19 May 2024.

## Details

Format

12 pages, A4 PDF only

Target group

General public

## Downloads

**Attachment**

**Size**

[Creating Hope Through Action Booklet 05\\_24 final.pdf](#) 11.75 MB

## Tags

- [mental health](#)
- [walking](#)

[Print](#)