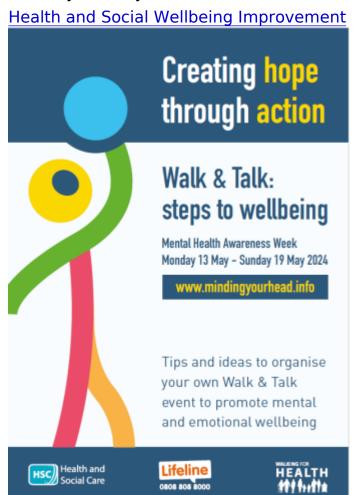
Tuesday, 07 May 2024



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

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Size

Creating Hope Through Action Booklet 05_24 final.pdf 11.75 MB

Tags

- mental health
- walking

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