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Headline Speaker

**Mental Health in the
spotlight – It's time
to take action**

Tuesday 21 May 10:30pm



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Cheltenham Town Hall, Imperial Square, Cheltenham, GL50 1QA

In association with

nettl
of Gloucester & Cheltenham

Helen Ginman
helenginman@yahoo.co.uk



Promoting Positive Mental Health & Wellbeing
Because It Matters

Tuesday 21 May 10:30pm

Mental Health in the spotlight – It's time to take action

Putting Mental Health in organisations under the spotlight, I discuss the challenges facing organisations today and how they can make mental health part of their every day. Outlining the impacts to people and to the business, I delve into the details off how not investing in mental health can affect more than just your conscience. It is time to take action to tackle the stigma, to stand up for what matters and to make a difference to the bottom line.



Helen Ginman

After working alongside organisations from all industries across private and public sector, Helen has seen first-hand the impact of mental illness and the significant gaps that exist with supporting people in the workplace. Anxiety and depression have been fellow travellers for much of her life and its affects can be tremendously hard. Finding ways to help, to challenge the stigma, to get the right support can be a ray of light when its only darkness.

Book your tickets for this event

<https://mental-health-in-the-spotlight-its-time-to-take-ac.eventbrite.co.uk>

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