



Wellbeing webinars

Bringing together Talking Therapies and emotional health events for people across Bedfordshire, Luton and Milton Keynes.

If you are looking for advice and support for your mental health and wellbeing, join Wellbeing Webinars led by experts from the three local mental health Talking Therapy teams.



Upcoming webinars

- 21 Apr - Coping with Grief**
- 23 Apr - Building Self Esteem**
- 25 Apr - Depression & Anxiety**
- 28 Apr - Mindfulness**
- 28 Apr- Loneliness & Isolation**
- 29 Apr - Managing Panic Attacks**

To book your space visit

<https://mktalkingtherapies.nhs.uk/blmk-events>