

Stress Awareness:

Stress Awareness Month has been held every year since 1992. It is a time where health care professionals try and raise the awareness of the causes and cures of stress.

The 5 ways to good Mental Health:

- Connect with People
- Be Physically Active
- Learn New Skills
- Give to Others
- Pay Attention to the Moment - Mindfulness

Have a look at our X page: @BH_SEND to find out about useful tips and contact details.