

FREEDOM OF **MIND** PRESENTS A CONFERENCE UNLIKE ANY YOU HAVE BEEN TO BEFORE

LOCATION: **@BRISTOL**

WHEN: **MONDAY 10TH OCTOBER**

FROM: **9AM TILL 5PM**

COST: **EARLY BIRD PRICE AT £40***

NORMAL PRICE AT £65*

We are passionate about mental health and want to initiate conversation, to educate, and to influence change that will benefit the city of Bristol. This all-day event will explore young people's emotional wellbeing and discuss the factors that impact upon it.

Bringing together young people who use mental health services and those who provide them, we will host solution focussed and productive conversations about what actually needs to happen. This is a chance for young people to make their voices heard, and for professionals to ask questions and report on what is already being done.

By the end of this conference you will have:

- Gained tools for challenging mental health stigma.
- Learned strategies to look after your own mental health and that of others.
- Spoken about the work that is already happening in the city to support youth mental health.
- Had conversations with service influencers, young people and professionals about how we move forward.
- Met other mental health campaigning groups and networks.

TO BOOK TICKETS EMAIL:

GRACE@FREEDOMOFMIND.ORG.UK



In collaboration with: **OFF THE RECORD** *BRISTOL*