

What is Mental Health and why is it so important?

Thursday 27th August 2020

In this session we examine what mental health is and why its so important in our lives, we look at why we treat mental health differently to physical health and why we need to think of it as a whole package.

Thrive was founded in January 2020 by Simon Nichols, Simon is a successful Sales and Marketing leader with 26 years of corporate SAP background, ideal for teaching individuals and companies about mental health...it's exactly this experience and skills, coupled with Simon's passion for mental health and well-being that lead in this webinar series.

The organisation's value statement is simple, we want all members of society to Thrive, to grow mentally strong and be able to manage all that life throws at them, specialising in online webinars and workshops focussing around mental health support, stress management and anxiety reduction.

Recording Link:

<https://us02web.zoom.us/rec/share/tZ1tArXtqDtLWoHWwWfhdo8BRIneeaa82nIW-KJZzRppjltOCNO7OeDDTR3W-sZR>

Please note, you must be logged into the User Group website to download this recording.