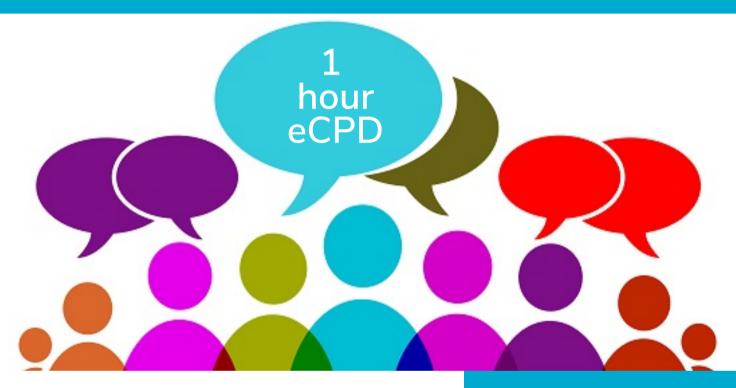


Health Education England

Practice Managers/Senior Nurse Forum

Supporting Dental Teams with their Mental Health & Wellbeing



This HEE fully subsidised webinar, will raise awareness of looking after our own mental & wellbeing in order to support others. It will utilise evidence based actions to improve wellbeing.

The session will:

- Identify what is meant by mental health, mental illness and mental wellbeing.
- Emphasise the importance of looking after your own mental health and wellbeing
- Analyse the five ways to wellbeing







Speaker: Bev Moorhouse

Mental Health & Wellbeing Programme lead for HEE North West.

*Please note this course is fully subsidised by Health Education England, if you fail to attend this session without giving notice you will be charged a cancellation fee of £30.