

# 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



**Friday 15th  
July 2022**



**13.00- 14:00**

Registration from 12:45



**MS Teams Webinar**

An e-invite will be sent

**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.

**For more information please email: [kim.goodwin@hee.nhs.uk](mailto:kim.goodwin@hee.nhs.uk)**