

Health Safety & Wellbeing Team

Mental Health Week 2024

Mental Health Awareness Week 2024 will take place from 13th to 19th May

Day	Activity	Format / Materials
Monday 13 th 1030 - 1130	Mental Health Awareness Week drop-in session	Join the meeting now
Monday 13 th 1600 - 1700	Decider Skills Introduction drop-in session	Join the meeting now
Tuesday 14 th 1000 - 1200	Managing Mental Health in the Workplace	Join the meeting now
Tuesdays 14 th 1600 - 1700	Supporting Colleagues with Anxiety	Click here to join the meeting
Wednesday 15 th 1030 - 1130	Delivering Mental Health Toolbox Talks	Join the meeting now
Wednesday 15 th 1430 - 1630	Mental Health Representatives Team Meeting (On-line)	Join the meeting now
Thursday 16 th	Toolbox Talks delivered on site	Toolbox Talk (sent by e-mail to all managers)
Friday 17 th 1000 - 1200	Managing Mental Health in the Workplace	Join the meeting now



HealthSafety.andWellbeing@highland.gov.uk