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WHY VOLUNTEER? WHY JOIN OUR TEAM?

Eventbrite

WHAT IS THIS EVENT?

"Making Time for Black Mental Health" is a special event where people come together to:

- Talk about their feelings
- Learn about mental health
- Get support from therapists and the community



MAKING TIME FOR BLACK MENTAL HEALTH EVENT

WHY IS THE EVENT FREE?

The event is FREE so that EVERYONE can come!

We want to make sure money is never a problem.

£0 FREE TO ATTEND!

Sometimes people cannot afford help or feel shy to ask for support. We make it free so that:



Everyone can come | It feels safe and welcome | No one is left out because of money

WHY DOES COMMUNITY MENTAL HEALTH COME FIRST?

Mental health is how we feel inside – our thoughts, feelings and emotions.

In our Black community, some people:



Find it hard to talk about feelings | Feel judged or misunderstood | Do not always get the right support

That's why we put the COMMUNITY FIRST!

We believe everyone deserves to feel heard, supported and never alone.

OUR EVENT PARTNERS

SAMARITANS · Rethink Mental Illness · mind Kensington and Chelsea · The Royal Borough of Kensington and Chelsea · City of Westminster · healthwatch Kensington and Chelsea · healthwatch Westminster · bipolar UK · carersUK

RUM SHACK Cottons RESTAURANT

We ♥ our Volunteers

ANNIVERSARY EVENT

OCTOBER 📍 NOTTING HILL

Making Time for Black Mental Health Event

Celebrating Black History Month

HOW DOES THE EVENT HELP PEOPLE?

At the event, people can:



Share their stories | Listen to others | Meet therapists who understand them | Feel safe, accepted and supported

This helps people feel:

Stronger | Happier | Less Alone

FOLLOW US @THINK TENACITY

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