



ThinkTenacity.eventbrite.com

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

OUR EVENT PARTNERS

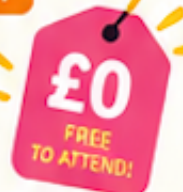


UPCOMING FREE EVENTS

23rd Sept- Shoreditch
1st Oct - Notting Hill
Nov 2026- Vauxhall

WHY IS THE EVENT FREE?

The event is **FREE** so that **EVERYONE** can come! We want to make sure money is never a problem.



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.

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



Volunteer@ThinkTenacity.com