



Wednesday 10th October

WORLD MENTAL HEALTH DAY



Take time to relax

Drop into room 126 between 12.15-12.45pm for a "Guided Meditation & Living Life to the Full" workshop



Take time for a break

Join us in the Bistro between 2-3pm to enjoy complimentary tea, coffee, juice & cakes!



Take time out for yourself

Enjoy a complimentary Mini Manicure and Polish. Second floor, 10am-2pm

The theme of this year's World Mental Health day was 'young people and mental health in a changing world'.

The College's Mental Health working group in conjunction with Hospitality students and staff hosted a Positvi-Tea event in the Bistro encouraging everyone to take a break and enjoy complimentary tea, coffee, juice, and cakes.

Lanarkshire Action for Mental Health (LAMH), the Student Association and the Chaplaincy team hosted information stands.

Our Health and Social Care Lecturers encouraged people to take time out to for a lunchtime reducing stress, relaxation technique workshop and Beauty students provided mini manicures on the second floor.