



**Network Event**  
**Tuesday 10th April 2018**  
**2pm start**  
**Pallion Action Group,**  
**5 East Moor Road, Pallion,**  
**SUNDERLAND, SR4 6QW**

**ALL WELCOME**

Join us at Pallion Action Group alongside guest speaker Kathy from Washington Mind who will be looking at the stigma around Mental Health, what stops people from accessing support and how we can challenge and break the stigma.  
 If you have any friends, family or work colleagues who would be interested in becoming a Health Champion please bring them along. Refreshments will be provided.



If you have any questions or to RSVP to the event,  
 Please contact Washington Mind on  
 0191 417 8043 or email [jemma@washingtonmind.org.uk](mailto:jemma@washingtonmind.org.uk)

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Seeing people - not problems ...

