**Make time for your mental health**

**Healthy Minds Group**

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**The Healthy Minds Group is all about supporting positive mental health in the workplace, and encourages LCC staff to make time for their mental health. The group meets once a month and creates a safe, non-judgemental space.**

**Employees are entitled to time off to attend these meetings (up to 2 hours per month). If you would like to attend, please contact us at** **Healthy.Minds@leeds.gov.uk** **so we know you are coming and can add you to our mailing list.**

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| **Future meetings**  |
| **Date**  | **Time** | **Venue**  |
| **Tues 24th January**  | **10.30 – 12.00** | **The Millennium Room,** **The Carriageworks Theatre** |
| **Fri 17th February**  | **2.30 – 4.00**  |
| **Thurs 16th March**  | **10.30 – 12.00** | **Room 1, The Carriageworks** **Theatre** |
| **Mon 10th April**  | **11 – 12.30**  | **The Millennium Room,** **The Carriageworks Theatre** |
| **Tues 9th May**  | **12 – 1.30**  |
| ***Please email*** ***Healthy.Minds@leeds.gov.uk*** ***to be added to our mailing list and******stay up to date with all meeting arrangements.***  |