**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**](mailto: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***](mailto:Healthy.Minds@leeds.gov.uk) ***to be added to our mailing list and***  ***stay up to date with all meeting arrangements.*** | | |