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THE 1+1 PROJECT
YOU ARE NOT ALONE

Stronger Together 1+1 Bilingual Mental Health Project invites you to a webinar on **'Accessing Mental Health Services during Covid-19: Lessons and Challenges for Supporting BAME Communities'** taking place on Thursday 26 November from 09.45 for 10.00 - 11.30. For more information about the event, please see below.

If you would like to register your interest in attending this webinar, please email caoife.wilkinson@stepni.org

Please be aware that spaces to this webinar are limited and attendance will be confirmed by email only.



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Project supported by the PHA

INVITATION

**Accessing Mental Health Services during Covid-19:
Lessons and Challenges for Supporting BAME Communities**
Chaired by the Public Health Agency

WEBINAR | THURSDAY 26 NOVEMBER | 09.45 for 10.00 – 11.30

To register your interest to attend this webinar please email: caoife.wilkinson@stepni.org

This year has been difficult for many with mental health worries, particularly for members of BAME communities. During the Covid-19 lockdown, there has been an increase in people reporting feelings of isolation and depression, coupled with limited access to mental health services. Those from the BAME Community have even more challenges in accessing mental health support due to a variety of factors including language barriers which has been exacerbated due to the pandemic.

Stronger Together's 'The 1+1 Project' team will be holding a webinar to discuss challenges and the lessons they have learned from supporting members of BAME communities in accessing mental health resources throughout Covid-19.

Speakers will include members of the 1+1 Project team and the webinar will be chaired by the Public Health Agency.



Our mailing address is:

info@strongertogetherni.org

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