

The Summer Season can have a positive effect on many people's mental health.

Check out our 3 reasons to love summer!

- ☀️ More opportunities to get outside in nature
- ☀️ Vitamin D increases energy levels
- ☀️ We are more likely to get active and take advantage of the good weather!

However, we can also experience poor mental health all year round.

If you'd like some more tips, check out our range of **FREE** eLearning courses.

To find out more, register now at –
mymentalhealthrecovery.com

#ChangeMyStory #InterregVa



How to register
Visit - mymentalhealthrecovery.com

**FREE
COURSE**

Create an account by entering your information. Once registered you will have access to all the online course materials to start your journey.

For further information or registration assistance please contact:



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