

TURNING THE TIDE

FESTIVAL 2016

Redcar & Cleveland's very own celebration of
World Mental Health Day
FRIDAY 7th OCTOBER

**FREE
ENTRY**

Come along to the
**REDCAR & CLEVELAND
LEISURE & COMMUNITY HEART**

Ridley Street, TS10 1TD
between 10am and 2pm

Find out more about

IMPROVING THE MENTAL WELLBEING OF EVERYONE WITHIN A COMMUNITY
MENTAL HEALTH FIRST AID
TACKLING STIGMA
ORGANISATIONS THAT CAN SUPPORT YOU IN YOUR AREA



Let's see what we can do. Together.

proudly presented by



Redcar and
Cleveland



Tees, Esk and Wear Valleys
NHS Foundation Trust

