



Bedfordshire

Fire & Rescue Service

 bedsfire.gov.uk
 Southfields Road
Kempston, Bedford
MK42 7NR
 bedsfirealert.co.uk
   @bedsfire

FOR IMMEDIATE RELEASE

8 MAY 2024

Bedfordshire Fire and Rescue Service hosts Mental Health Awareness course

Mental Health Awareness Week takes place from Monday 13 – Sunday 19 May 2024. The theme is “Movement: moving for our mental health.”

In support of this, Dunstable Green Watch have planned a week of activities to raise awareness, educate and signpost to support services, as well as fundraise for mental health charities.

They will be kicking off the week on Monday (13/5) with a Mental Health Awareness Course, this is an hour-long session which will cover:

- Why mental health can be such a big problem.
- What can be done to maintain good mental health.
- What can help to address crisis moments.
- Where further help can be obtained.

Sign up for one of the sessions here [Eventbrite](#).

Dunstable Green Watch Commander, Josh Matthews said: “Mental Health affects us all. This week is a great opportunity to put mental health in the spotlight.

“As a watch we have tried to focus on a few different areas of mental health and well-being, and we encourage everyone to embrace any aspect that may support their wellbeing.

“Everyone is worthy of having a life filled with purpose and joy despite any mental health challenges they might face, and we hope that we can help play a part in someone achieving that.

“My sincere thanks also go to our trainer Rachel O'Brien, as well as Dunstable Red and White Watch, who are all committing time and effort to support this incredibly important week.”

Keep an eye on our socials and the Dunstable Community Fire Station Facebook page for updates throughout the week.

ENDS



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About BFRS

Bedfordshire Fire and Rescue Service (BFRS) is the fire and rescue service for the ceremonial county of Bedfordshire in England, consisting of the unitary authorities of Bedford, Central Bedfordshire and Luton. In the last 365 we've had 19,562 incidents, of which 109 were fires.

BFRS has 14 stations across the county, with headquarters in Kempston, Bedford and employs 600 people.



WE'VE GOT YOUR BACK



EVERY CONTACT COUNTS



WE DARE TO BE DIFFERENT



WE ARE ACCOUNTABLE

Mental Health Awareness Course

Monday 13 May 2024

Dunstable Community Fire Station
Brewers Hill Road
LU6 1AA

Session 1: *No Longer Available*

Session 2: 1pm - 2pm (Virtual)

Session 3: 6pm - 7pm



OPEN TO
ALL

FREE
ENTRY

Why Mental
Health illness
is such a big

What can be
done to
maintain

What can
help to
address

Where
further help
can be