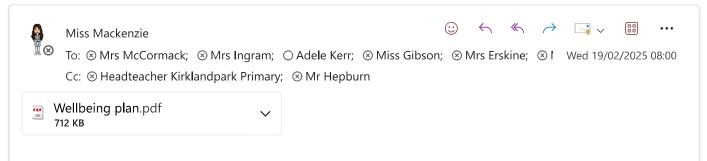


SAMH Managing my Wellbeing



Good morning,

I hope you are all well and had a lovely February holiday!

Heather McCartney from SAMH will be delivering a session on managing staff wellbeing today. I have attached a copy of the wellbeing plan that she will speak about during the session for your reference. Please feel free to print off and bring along to the input if you want to write directly on the document.

Best Wishes, Fiona

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