

Academy of Nursing Annual Seminar Series

No Health without Mental Health

Why do we separate mental health and physical health and what are we doing to bring them together?

Mental health and physical health are in reality conjoined twins. Our mental wellbeing affects our physical health and our physical state has a huge impact on our mental health. And yet we often treat them as if our minds and bodies live on different planets. Come and hear how local initiatives are bridging the gap between mental and physical health, in particular improving mental wellbeing for people with long-term conditions.

Tuesday 6th November 2018

17.30 – 19.00

Lecture Theatre, RILD Building

Barrack Road

Exeter EX2 5DW

Speakers:

- **Jonny Wilkins**, Clinical Team Lead, Talking Health - DAS Long Term Conditions Team, Devon Partnership NHS Trust
- **Emma Tucker**, Service Manager, Liaison Psychiatry Service, Devon Partnership NHS Trust
- **Marie Ash**, Peer Support Worker, Devon Partnership NHS Trust and Joint Lead, Devon and Torbay Suicide Prevention Alliance

For further information and to book your place for this Seminar, please email Marte Lavender: m.lavender@exeter.ac.uk