

2026

WORLD MENTAL HEALTH DAY

10th October 2026



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LIVE TALK

09
NOV

**Wired But Tired: Why
Coping With Anxiety
Keeps You Stuck**

with Kyle Davies



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WORKSHOP

25
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**Why Perfectionists
Burn Out And How To
Break The Cycle**

with Andy Hix



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**Creating and
Maintaining Mental
Wellness**

with Pinky Jangra



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**Can Nutrition Relieve
Stress and Help You
Feel Calm?**

by Kake Black



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**FACE Acronym
For Mental Health
Conversations**

with Selina Clarke



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04
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**One Tip for
Mental Fitness**

with Georgina Halabi



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