

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
NOV

Why Perfectionists Burn Out And How To Break The Cycle

with Andy Hix



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30
MINS

Creating and Maintaining Mental Wellness

with Pinky Jangra



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EXPERT
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05
MINS

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



WATCH NOW
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04
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One Tip for Mental Fitness

with Georgina Halabi



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