

# Keeping Well during the Pandemic - Indian communities

**WHEN** Friday, October 22nd 2021  
10:00 AM - 11:30 AM

**WHERE** Online

**COST** Free



Scan for [more information](#)  
and [registration details](#)

As part of October's Mental Health Month, the Transcultural Mental Health Centre (TMHC) is organising a series of online webinars in multiple languages for members of CALD Communities.

The webinars will focus on the impacts of the COVID-19 pandemic on our mental health and wellbeing, how to recognise symptoms of mental distress in ourselves and others, and provide information on where to seek help. The webinars will also provide tips and skills on how to manage stress and keep well during this challenging time.