

# MENTAL HEALTH 2023 CALENDAR

The Crew Academy is offering FREE mental health courses for all Captains and HOD's.

## Captain & HODs' Mental Health

- 8th & 9th May 2023 : 5-9PM BST
- 2nd & 3rd October 2023 : 5-9PM BST
- 27th & 28th November 2023 : 5-9PM BST

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## Suicide Prevention

- 7th November 2023 : 5-9PM BST

contact us for more information or to sign up

- [Info@thecrewacademy](mailto:Info@thecrewacademy)
- [thecrewacademy.com](http://thecrewacademy.com)

