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PRACTICAL TIPS FOR MANAGING YOURS AND OTHER'S EMOTIONAL WELLBEING

Please join us for a one hour webinar with Professor Nick Titov, Executive Director of MindSpot. MindSpot is a free service for Australian adults who are experiencing difficulties with anxiety, stress, depression and low mood. MindSpot is based at Macquarie University, Sydney and is funded by the Australian Government.

**SPEAKER: PROF. NICK TITOV, EXECUTIVE DIRECTOR MINDSPOT,
MQ HEALTH; PROFESSOR OF PSYCHOLOGY, MACQUARIE UNI**

DATE: WED 22ND JULY

TIME: 12PM (EST)



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