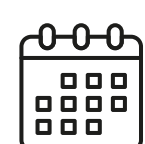


TOTAL WELLBEING LUTON

WORLD MENTAL HEALTH DAY EVENT

Join us this World Mental Health Day to connect, reflect, and prioritise wellbeing. Together, we can raise awareness, reduce stigma, and support each other.



9 October 2026



10:30AM - 2:30PM



Luton Central Library,
Luton LU1 2NG



***Must be pre-booked in advance, spaces limited.** Open to public and professionals.

