



Magen Avot

# melave malka

**Mental Health Awareness Shabbat | 8 January 2022, 8pm**



## **Jonny Benjamin MBE:**

**The Journey to Hope, Recovery, and Beyond**

Jonny will share his lifelong journey with mental illness - a moving story proving that we can all overcome life's adversity. Jonny's father Michael will then speak about the experience of mental illness upon family members.

There will be a chance to interact and ask questions to both Jonny and his Dad during the session.

**Jonny is an award-winning mental health campaigner, film producer, public speaker, writer and vlogger.** His 2014 viral social media campaign with Rethink Mental Illness led to him becoming a prominent spokesperson on the subject of suicide. In 2016 he launched the ThinkWell mental health programme for schools, and most recently, has set up mental health charity Beyond supporting young people around the country.

**Dinner will be provided**

**This event is free to attend and all are welcome**

**Booking is essential, register at: [tinyurl.com/mamentalhealth2021](https://tinyurl.com/mamentalhealth2021)**

**JAMI MENTAL HEALTH  
AWARENESS SHABBAT**

**Jami**

The Mental Health Service for our Community

