

# Held in mind not lost in space

Presented by Dr Christopher Buckingham, School of  
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**We live in a crowded world  
but in our minds we can often  
feel lonely and forgotten.**

GRiST is a web-based application that reconnects us within a caring and supportive network built on the advice of several thousand mental-health experts. Hear about GRiST, try it, and see how it creates a canopy of care to maintain the mental health and wellbeing of family, carers, friends, and colleagues.

**Date:** Thursday 11 September

**Times:** Presentations at 15:30 and 16:30  
in MB204. Try the software with the GRiST  
team between 16.00 - 17.30 in MB370/372

**Tickets:** Free, booking required.

Details of all events are available online  
at [www.britishsciencefestival.org](http://www.britishsciencefestival.org)  
Tickets can be booked online or by  
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