

# WORK'S MENTAL

*Energising Mental Health at Work*



**Angie Strachan**

***Performance Poet***

Poetry is a creative outlet that gives Angie the opportunity to keep well while living with a depressive illness. She uses her own life experiences and observations of the everyday in her performance poetry. Angie has delighted the delegates at every *Work's Mental* Conference with her wit and eloquence. Once again, she wowed the delegates at the Headtorch/ Minds@Work event: *This is my story, Scotland* last year. Since then she has gone on to deliver her poetry for RBS and to be a contestant in the Scottish Poetry Slam Championships.

Angie vlogs regularly on the Headtorch site. She hopes that her poems inspire others to look after themselves at work and stay mentally healthy.

When Angie is not writing or performing poetry, she can be found looking after her mental health by walking her dog and spending quality time with her children creating new worlds from lego.