



**SpiritualityForum**  
THE NATIONAL SPIRITUALITY AND MENTAL HEALTH FORUM

## **Atheism, Spirituality and Mental Health**

**Speaker: Professor Richard Norman**

**Thursday 1st November**

**from 2.00 to 4.00pm**

**at Essex Unitarian Church, W8 4RT. [BOOK HERE](#)**

Richard writes- “Atheists have typically been hesitant about using the term 'spirituality', and some still reject it outright. I shall try to explain why this is, and I shall explore how humanists and atheists can profitably engage in talk about spiritual needs and their place in a flourishing human life.” Following his talk we will think about how this applies to the area of mental health and wellbeing and there will be an open time for discussion.

Richard Norman was formerly Professor of Moral Philosophy at the University of Kent. He is a Patron of Humanists UK. His books include *On Humanism* (Routledge, second edition 2012), and he co-edited with Anthony Carroll a collection of essays *Religion and Atheism: Beyond the Divide* which was published in 2017.