



Mental Health Awareness

Date: Tuesday 23rd July 2024

Time: 1.00pm – 3.30pm

Where: Online via TEAMS

The aim of the session is to raise awareness and develop skills in mental health awareness and wellbeing.

Creating a positive ethos amongst the workforce which enables people to feel supported, gain skills in supporting self and colleagues.

Unlocking the confidence to speak about mental health and wellbeing reduce stigma.



For anyone working in Bedford,
Central Beds & Milton Keynes

By attending you will:

- Be able to identify what is mental health and mental ill health
- Have awareness of signs and symptoms of mental health
- Be aware of common mental health problems in the workplace
- Know how to approach a person who you believe is struggling with their emotional wellbeing
- Equip yourself with tools and techniques that can support mental health
- Know what professional support is available

To book your place please email:
training@mind-blmk.org.uk



www.mind-blmk.org.uk

Charity No. 1068724

