

MENTAL HEALTH AWARENESS

Free
Training

Course Information

This full day course is designed to give participants an understanding of the issues that arise for people suffering from mental distress and illness, to challenge myths and reduce stigma and to offer ways to support others experiencing mental distress.

The course is ideal for non-mental health trained staff and volunteers from a broad range of statutory, community and voluntary sector organisations who may come into contact with vulnerable individuals and also those organisations that deliver training and support related to mental health and wellbeing.



Courses will run from 9.30am-4.30pm.
See list of dates and venues attached



This project is funded by Derbyshire County Council and Derbyshire's CCGs and delivered by Derbyshire Mental Health Forum and Derbyshire Mind working in partnership. It is **free** to participating staff and volunteers. **Lunch is not provided.**



Places are limited so please book early!

To register your interest visit:
www.dmf.org.uk/MHAtaining
or call: 01773 599995