



Chorley, South Ribble & Blackburn Mind Ltd

For better  
mental health

## In House - Mental Health Awareness Training

We offer training on non - clinical aspects of mental health. Our training is adaptable to suit the organisation and can be tailored to meet specific needs. Courses we have held in the past include general mental health awareness & challenging stigma, mental health awareness for young people and mental health awareness for front line staff.

If you have a specific topic or course in mind, please contact us with any queries and we will be happy to assist you

### *Mental Health Awareness*

### Aims and Objectives

Gain insight and understanding into mental health issues and general well being

Recognise & challenge stigma associated with mental health

Recognise signs and symptoms of mental health deterioration

Gain practical insight & guidance on how to respond

### **We Offer :**

**Flexibility** - We can work around specific needs of your organisation. You select the venue, time & date!

**Value for money** - Awareness courses are a set fee based on an hourly rate

**Experience & trusted** - Mind draws on years of experience within the field of mental health and offers a wide scope of information on mental health topics.

**CONTACT THE ASSOCIATION OFFICE ON 01257 231 660**