NHS
Central and North West London
NHS Foundation Trust

Free mental health and wellbeing training sessions

Would you like to:

- Improve your knowledge of mental health?
- Offer support to someone in crisis?
- Hold supportive conversations within your community?

Mental Health First Aid
MHFA England

MHFA England

A comprehensive 2-day (or 4 half-day) training course teaching you how to identify, understand and help someone experiencing a mental health issue.

https://mhfacnwl.eventbrite.co.uk

Ambassadors of Hope
Chasing the Stigma

Ambassadors of Hope

Written from a lived experience point-of-view, this training aims to normalise and humanise conversations around mental health.

https://aohtraining.eventbrite.co.uk

Suicide Awareness
Rethink Mental Illness

Rethink Mental Illness.

Training that explores the stigma associated with suicide and ways of challenging it.

https://rethinktraining.eventbrite.co.uk

For more information, visit:
www.cnwl.nhs.uk/news/free-mental-health-and-wellbeing-training-offers-within-community

If you have any questions, please contact us on: **cnwl.jamesontransformation@nhs.net**

Wellbeing for life

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