



24th November
08.30 – 12noon or
1pm – 4pm

Free Training

Mental Health First Aid Awareness

Venue – Catch, Redwood Park Estate, Stallingborough, DN41 8TH

Course Outcomes

By then end of the session the participants will:-

- Have a clear understanding of what is meant by the term **Mental Health**
- Have a clearer understanding of the extent of Mental Health
- Encourage colleagues to overcome stigma and discrimination
- Develop their listening skills
- Want to help encourage colleagues to talk about mental health

Please contact Jane Winship on 01469 552826 or email

jane.winship@catchuk.org to book a place



CATCH