

We are Mind in Mid Herts. your local mental health charity, affiliated to Mind - the leading mental health charity in England and Wales. We provide prevention, support and recovery services to empower people to take control of their mental health.

We are located in Welwyn Garden City, Hertford, St Albans and Stevenage.

As a social enterprise we provide affordable training solutions, and all funds go back into supporting the local community.

We will work to ensure that everyone in Hertfordshire gets the support and respect they deserve.

Get in touch with us:

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Registered charity number: 1101678



[mindinmidherts_](https://www.instagram.com/mindinmidherts_)



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[@mindinmidherts](https://www.facebook.com/mindinmidherts)



Brand New Digital Courses

Mental Health & Wellbeing

Open Access Training

We're Mind in Mid Herts, supporting people to live well in their communities



in Mid Herts

“The course was excellent and the teaching was superb. It felt like a safe space.”

Mental Health Awareness (3 hr)

This workshop will raise awareness and understanding of mental health difficulties; including the causes, symptoms and presentations for a range of mental health problems.

Who is this for? This course is for anyone who would like to gain a greater understanding of mental health.

Mental Wellbeing & Resilience (3 hr)

This session is designed to build an understanding of wellbeing and emotional resilience; providing practical strategies for building positive mental health and managing stress.

Who is this for? Anyone who would like to gain a greater understanding of how to build strong mental health and wellbeing and develop the skills needed to create resilience.

Guide to Wellness Action Plans (1 hr)

This short workshop aims to give you a better understanding of wellness action plans and how they can be implemented to support your workforce.

Who is this for? This is for senior leaders, managers and key staff who would like to be able to better support their workforce.

Whether you're an individual, or an employer looking to train a small number of staff, we have training to suit your needs.

As your local Mind, and Hertfordshire's leading provider of mental health training, we deliver a range of high quality courses and workshops delivered by mental health practitioners.

These have now been designed to be delivered digitally via Zoom. Giving you the opportunity to learn from your own location with all the benefits of face to face training.

Book with us via:

www.mindinmidherts.org.uk

Email: training@mindinmidherts.org.uk

Mental Health Awareness for Sports & Physical Activity

or

Mental Health Awareness for Creative Minds

These short courses have been designed with people with lived experience and are aimed at either the sport and physical activity providers or creative professionals who would like to increase their knowledge and understanding of mental health and how this might be applied confidently in their own setting.

“There were many chances to openly give ideas and receive feedback on anything.”