

mental health & wellbeing training

Mental Health Awareness

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

14th January 2020 9:30—4:30

26th January 2021 9:30—4:30

25th March 2021 9:30—4:30

Mental Health Awareness for Managers

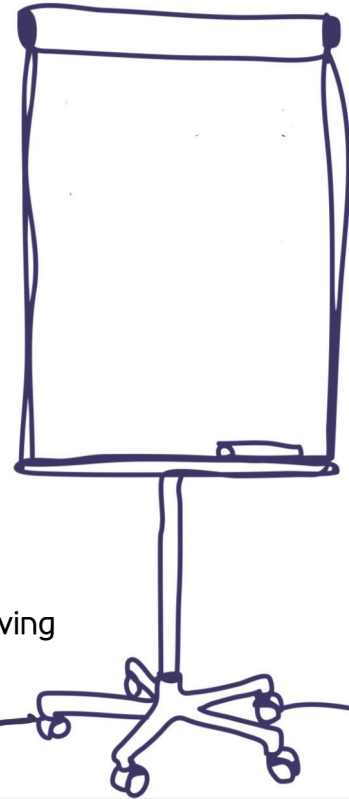
This course supports a better understanding of mental health difficulties and support managers to feel more confident in managing mental health in the workplace.

2nd December 2020 9:30— 12:30

14th January 2021 1pm—4pm

2nd March 2021 1pm—4pm

Live online courses with Hertfordshire's leading mental health training provider, giving you all the benefits of face-to-face training from your own space



supporting you, supporting your business,
supporting the community

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