Mental Health Aware course

Through an interactive instructor-led live session, you will learn:

- What mental health is and how to challenge stigma
- An introduction to some common mental health issues
- Confidence to support someone who may be experiencing mental ill health
- Ways to look after your own mental health and support wellbeing

For more info and to book, contact:



Visit the MHFA England website at mhfaengland.org Find us on social media @MHFAEngland

