

# Mental Health First Aid Workshop

***Helping others to improve their mental health & wellbeing***

Join us online to “Open the conversation”

On Thursday 4<sup>th</sup> February 2021 10am - 2pm

Cost = £10 per person

There is also the opportunity to register on a FREE "Walking for Health" leaders course with a view to encouraging people in your area to walk & talk for their physical & mental wellbeing

**We know that mental health problems can isolate people from the world and can be very difficult to talk about.**

Through specialist mental health awareness training and mental health first aid we want to give people the confidence to feel able to talk to people who are suffering from mental health issues, and also give them the knowledge to signpost them to the right service for support.



For more information or to receive an application form email:

**✉ Alison.brightman@bedford.gov.uk**

**Let's be open about mental health and break the stigma**