

Mental Health First Aid Workshop

Helping others to improve their mental health & wellbeing

Join us online to "Open the conversation"
On Thursday 4th 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**