

Mental Health Awareness Half Day Workshop Saffron Walden 12th July 2019



Description

An introductory four hour session to raise awareness of mental health. It is designed to give:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Learning takes place through a mix of presentations, group discussions and workshop activities. Limited to 16 places so that the instructor can keep people safe and supported while learning.

You will receive:

- An MHFA manual to refer to whenever you need it
- A workbook including a helpful toolkit to support own mental health
- A certificate of attendance to say you are Mental Health Aware

Date And Time

Fri, 12 July 2019
09:00 – 13:00 BST

Location

Saffron Walden
Almshouses
Abbey Lane
Abbey Lan
Saffron Walden
CB10 1DE

Please Note:

There is no onsite parking however public car parks are within easy reach of the venue.

For further information call
CVSU on 01371 878400
or email
richard.corby@cvsu.org.uk

Everyone welcome. To book your free workshop place please visit:

<https://www.eventbrite.co.uk/e/mental-health-aware-saffron-walden-12th-july-2019-tickets-64312623789>