



Mental health training

CPSL Mind have partnered with the H.A.Y. team as part of How Are You This Winter to offer funded mental health training sessions for volunteers and staff in local community groups.

What training is available?

An online mental health awareness webinar (one-hour).

An online mental health awareness and communication skills workshop (three-hour).

An in-person mental health awareness and communication skills workshop (three-hour).

An online Mental Health First Aid course (four half days).

An in-person Mental Health First Aid course (two full days).

Scan to sign up for training



Alternatively, visit the Eventbrite page:

bit.ly/HAYTW-Training