

Public Access Training mind

for better mental health

Lancashire



29th March 2016

The Mill At St Catherine's, Lostock Hall, Preston, PR5 5XU

Understanding mental Health (9.30am +tl 12.30pm)

This course aims to give participants a wider understanding of mental health work more effectively with individuals experiencing mental health conditions.

“Excellent & informative”

Understanding Self Harm (1.30pm +tl 4.30pm)

This course aims to give participants a wider understanding of self harm and work more effectively with individuals who self harm. The course focuses on strategies, responses, harm minimisation and self care.

“Improved my confidence”

Book your training place with Lancashire Mind:

Register online:

Call: 01257 231660

Email: training@lancashiremind.org.uk

Competitive prices:

£75 half day

£145 full day inc lunch