



For better
mental health

Training in Mind - Trainee Quotes

Mental Health Awareness Training

"It gave me a deeper insight into mental health"

"I feel I can discuss any issues a person may have with more confidence."

"It has taught me not to ignore small signs which could enlighten me towards a bigger picture in someone's mental health"

"Knowledge of how this can affect individuals made me think about how I deal with them"

"It feels like I'm more humble instead of impatient in my attitude"

"I now know what signs to look out for when working with people. This knowledge will prove very valuable"

"Improved my knowledge on the stigmas and discrimination"

"Realising how fragile my own network is and to be aware that people might need more support than you need"

"I learnt how to talk to someone who is experiencing psychosis"

"It's helped to identify early signs of suicide and what to do in that situation"

"Finding out the types of help available, much more than I thought"

"Made me more aware to take people seriously when they talk about what they feel"

"All of the training was useful in different ways. The 'games' to think, the discussions, the advice / contact sheets, the videos"

"Really positive course, very informative"

"Great course, excellently delivered"

"Both trainers clear and concise and approachable. Good understanding of questions. Very useful day, thank you!"

"One of the best training sessions I've been to!"

Please email: info@mindcharity.co.uk or call **01273 66 69 50 to book a place on a training course.**