



For better
mental health

Training in Mind Workshop

Mental Health Awareness Training

Wherever you work or volunteer, we can help you to work more effectively with people experiencing difficulties with their mental health.

- Cost:** £60 voluntary sector / £80 statutory & private sector
- Dates:** Wednesday 15th February, 2012
Friday 18th May, 2012
- Times:** 10am-4.30pm

The workshop will:

- Increase awareness, understanding and knowledge of mental health issues.
- Look at the causes, triggers and impact of mental illness.
- Improve communication with people experiencing distress.
- Provide information about local mental health services.

All courses are held at Mind in Brighton and Hove, 51 New England St, Brighton BN1 4GQ

To book a place, please
email info@mindcharity.co.uk or call 01273 66 69 50