



For better  
mental health

# Training in Mind

## Make a Date to Train Today!

### Mindfulness – Full Day Course

Mindfulness helps people experiencing symptoms of stress, depression and chronic pain. Join us to for body scan, meditation, gentle mindful movement, and exercises.

Wednesday 25<sup>th</sup> January, 2012                      10am – 4.30pm

Wednesday 18<sup>th</sup> April, 2012                      10am – 4.30pm

### Mental Health Awareness Training – Full Day Course

Our longstanding and popular Mental Health Awareness Training equips attendees with the knowledge and skills to work with people experiencing mental health issues.

Wednesday 15<sup>th</sup> February, 2012                      10am – 4.30pm

Friday 18<sup>th</sup> May, 2012                      10am – 4.30pm

### Coping with Stress in the Workplace – Full Day Course

20% of all workers are affected by stress in the workplace. This course will help you to identify the causes and triggers of stress, preventative measures and techniques for managing its impact.

Wednesday 14<sup>th</sup> March, 2012                      10am – 4.30pm

### Working with People in Suicidal Distress – Half Day Course

Learn to work more effectively with people experiencing thoughts of suicide. This course will raise your awareness of warning signs and improve your ability to respond.

Thursday 26<sup>th</sup> January, 2012                      9.30am – 1.00pm

Friday 11th May, 2012                      9.30am – 1.00pm

### Working with People with Depression - Half Day Course

Wherever you work or volunteer, we can help you to work more effectively with people who have depression. This course will raise your knowledge and understanding of depression, symptoms and treatments and how to improve your ability to respond.

Friday 30<sup>th</sup> March, 2012                      9.30am – 1.00pm

**Full Day Course Cost: £60 voluntary sector / £80 statutory and private sector**

**Half Day Course Cost: £45 voluntary sector / £60 statutory and private sector**

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

**To book a place:**

**email [info@mindcharity.co.uk](mailto:info@mindcharity.co.uk) or call 01273 66 69 50**