

Mental Health Aware (MHA) Training

This introductory session raises awareness of what mental health is, how to challenge the stigma around it, a basic knowledge of some common mental health issues and how to support people who are experiencing a mental health issue, plus an introduction to looking after your own wellbeing. Participants will need to have an above basic or higher level of English.

Everyone who completes the course will get:

- A copy of the official MHFA England manual to refer to whenever required
- An MHFA workbook, including a helpful toolkit to support their own mental health; and
- A certificate from MHFA England to say you are Mental Health Aware.

When?

For men:

23rd of February at 10.30am-3.30pm.

For women:

25th of February at 10am-3pm.

Where?

The sessions will be on Zoom. When you register to join, we will send you the link to take part.

How can I join?

To register your name to join the session, please contact Ruhela on 07595614936 or email: ruhela@diversitymattersnw.org.uk.

Diversity Matters North West

Healthy Living Centre
20 Great Norbury Street
Hyde
SK14 1BR

T: 0161 368 3268 Mon-Thu 9-5/Fri 10-4

We speak: Bengali, Urdu, Punjabi.

www.diversitymattersnw.org.uk

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Company Registration No. 6442869
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**MHFA
England
Certificate
included.**

**Men and
women**

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