

Funded Mental Health Awareness Training



Would you like to increase your knowledge and understanding around mental health?
Would you like to feel more confident to have conversations about mental health, look after your own wellbeing and know how to signpost others to support?

Join us for a funded Mental Health Awareness training session in Mid & North East Essex between 10am-1.30pm,** on a date that suits you.

Together, we can make sure nobody has to face a mental health problem alone.

Book your place today at
www.mnessexmind.org/training,
e mail training@mnessexmind.org
or call (01206) 764600

When?

Thursday 8 June
Wednesday 14 June
Thursday 22 June**
Wednesday 28 June

Where?

Clacton
Braintree
Chelmsford
Colchester

** Timings 14.00- 17.30