



BE MENTAL HEALTHY
Supporting Healthy Minds

MHFA England
INSTRUCTOR
MEMBER



NEW COURSE



**CHILDREN'S
HEART
SURGERY
FUND**

SUPPORTING MENTAL HEALTH IN THE WORKPLACE

Gain a greater understanding of mental health and be able to recognise common conditions by completing our 1-day course designed for managers.

Delivered by accredited MHFA England Instructor Members, we will cover the following:

- An introduction to Mental Health.
- A best practice approach to supporting colleagues.
- Turning learning into practice with case studies and practice sessions.

£150 per learner
**Non-accredited course*

We are corporate partners of the Children's Heart Surgery Fund to which we donate to with every booking we receive.

COURSE OBJECTIVES



Give you confidence to support & manage someone who may be unwell.



Provide strategies & tools to use when managing mental health challenges in the workplace.

BOOK NOW

Visit our website
www.bementallyhealthy.co.uk

Or Email
ken@bementalhealthy.co.uk