



Free Choices

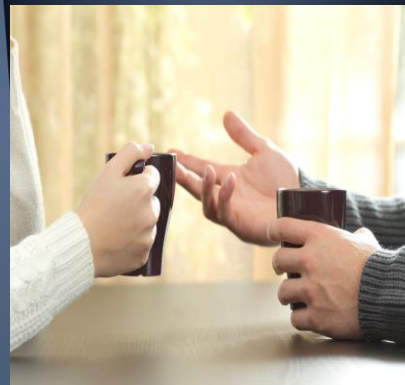
INSIGHT INTO MENTAL HEALTH ON-LINE TRAINING

For

- Leaders
- HR Professionals
- Managers
- Employees
- Individuals

This Course is

- Accessible anytime
- Work at your own pace
- Affordable
- Interactive
- Simple & engaging



Diverse & Inclusive Mental Health



Introductory Prices

- X1 Person £195.00
 - X10 Employees £75.00pp
 - X25 Employees £50.00
 - X50 Employees £40.00
 - X100 Employees £35pp
 - X500 Employees £10.00pp
- 500+ contact us for details

Build your awareness and general understanding around Mental Health In this highly comprehensive, easy to follow and interactive training

YOU WILL DEVELOP

- ✓ A clearer understanding of mental health and mental ill health, along with enhancing awareness of attitudes and behaviour about mental health.
- ✓ A capacity to create supportive cultures, as well as engage with and support people, in distress or suffering from poor mental health / ill health.
- ✓ A clear knowledge of support options and sign posting to relevant professionals and services.

YOUR BENEFITS

- ✓ Greater confidence and skills in recognising and engaging with mental health issues.
- ✓ Basic strategies in creating mentally healthier work cultures.
- ✓ Relevant knowledge, which supports your personal and professional development.