

MENTAL HEALTH TRAINING WITH REBECCA ROWE

YOUTH MENTAL HEALTH AWARENESS

This course will teach you how to understand what mental health is, how to challenge stigma and common mental health issues. It gives an introduction to looking after your own and others mental health and maintaining wellbeing.

Online Thursday 22nd April 9.30
-12.00 £75

YOUTH MENTAL HEALTH CHAMPION

This course gives you an understanding of common mental health issues as well as knowledge and confidence to advocate for mental health awareness. Developing an ability to spot signs of mental health illness and support others.

Online Tuesday 23rd March
9.30 -4.30 £125

YOUTH MENTAL HEALTH FIRST AID

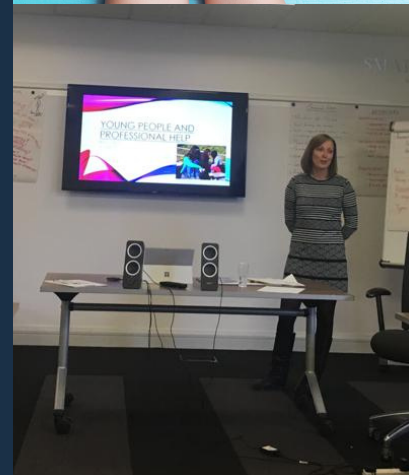
This course will teach you practical skills to spot the triggers and signs of mental health issues. Gain confidence to step in, reassure and support a person in distress. On completion you will be a certified Mental Health First Aider

Online over 4 sessions (mixture online/individual learning):

13th and 14th May 9.30 - 12.00

20th and 21st May 9.30 -12.00 £250

Email rebeccarowe682@gmail.com to book or for enquiries



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