

Understanding Good Mental Health

Training and Development



A fully accredited Mental Health First Aid Trainer, a trained counsellor and Emotional Support Tutor. Pauline has successfully delivered mental health awareness training for managers and staff in numerous organisations across the public, private and voluntary sectors.

This course has been specifically developed to help managers to support good mental health at work. It is highly interactive and has the following aims:

- To explore what mental health is
- To raise awareness of mental health issues in the workplace
- To understand the stigma and discrimination surrounding mental illness
- How to promote and manage good mental health in the workplace

“It did exactly what it said on the tin! I did attend and felt that everyone got a high level view of understanding mental health.”

***Customer Experience
Manager Worcester***

The course is delivered in-house for up to 20 attendees per session.

Each one day training course for managers costs **£650 per day for up to 20 delegates** when delivered in-house.

Community First GOLD Members will receive an additional 10% off the cost all Wellness Works training courses.

For more information contact: Cheryl Cooney
cherylc@comfirst.org.uk 01684 312739