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 **Learning and Development**

 **Title:** **Mental Health Champions**

**Audience:** For those who support others

**Description:** This one day course qualifies you as an MHFA Champion giving you an understanding of common mental health issues. Knowledge and confidence to advocate for mental health awareness. Ability to spot signs of mental ill health and skills to support positive well-being, looking after yourself and others.

**Objectives:** By the end of this course you will be able to:

* Provide initial support, guide a person towards appropriate professional help.
* Be mindful of your own wellbeing.
* Develop an understanding of how you can create and maintain a healthier workforce & community.
* Embedding wellbeing into people management & supervision

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| **Dates** | **Times** |
| 4 December 2023 | 9.30am – 5.00pm |
| 6 February 2024 | 9.30am – 5.00pm |
| 24 April 2024 | 9.30am – 5.00pm |
| 20 June 2024 | 9.30am – 5.00pm |

**Courses:**

**Venue:** Castle Hill Centre, Castleton St, Bolton BL2 2JW

**Facilitator:** Re-Align Futures

**Price:**  No Charge

**Booking Info:**  For the Bolton Council staff, please book your place via Oracle self-service. All other delegates, please use this link to complete a [nomination form.](https://forms.office.com/r/ciMc6PLBYj) Alternatively scan the QR code below.

**Cancellation**: To cancel your place, please notify the Learning and Development Team on 01204 337600 or email learninganddevelopment@bolton.gov.uk You must cancel your place at least 2 weeks prior to the course date, otherwise the following charges will apply-

2 weeks or more – No Charge, 1-2 weeks prior - £25.00

The week of the training course and non-attendance - Full Cost

IMPORTANT -If your course is free of charge and you cancel within 2 weeks or do not attend, you will be charged £25.00

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