

Title: **Mental Health Champions for Adults**

Audience: For those who support others

Description: 1 day training course to gain awareness and skills to recognise the main signs & symptoms of common mental health issues.

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

Courses:

Dates	Times
15 October 2021	9.00am – 5.00pm
19 November 2021	9.00am – 5.00pm
12 January 2022	9.00am – 5.00pm
10 February 2022	9.00am – 5.00pm
23 March 2022	9.00am – 5.00pm

Venue: Via Zoom (Link will be sent once enrolled on the course)

Facilitator: Re-Align Futures

Price: No Charge

Booking Info:. Please email learninganddevelopment@bolton.gov.uk with the following information: course title, date and time, your full name and your organisation name, address and contact details

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 Full Cost –
- 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