

**Title:** **Mental Health Awareness  
(Staff working with children all ages only)**

**Audience:** This course is for anyone interested in developing their Awareness of Mental Health and Wellbeing.

**Description:** An introduction course designed to increase mental health awareness and give an understanding of how to look after wellbeing & challenge stigma.

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

- To improve and maintain mental wellbeing
- Develop mental wellbeing awareness within the workplace recognise key triggers to prevent mental health from worsening
- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

**Courses:**

Dates	Times
7 October 2021	9.30am – 1.00pm
2 December 2021	9.30am – 1.00pm
13 January 2022	9.30am – 1.00pm
24 February 2022	9.30am – 1.00pm
3 March 2022	9.30am – 1.00pm
25 April 2022	9.30am – 1.00pm

**Venue:** Friends Meeting House, 50 Silverwell St, Bolton BL1 1PP

**Facilitator:** Re-Align Futures

**Price:** No Charge

**Booking Info:.** Please email [learninganddevelopment@bolton.gov.uk](mailto: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](mailto: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