

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

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
	18 October 2021	9.30am – 5.00pm
	13 December 2021	9.30am – 5.00pm
	17 January 2022	9.30am – 5.00pm
	21 March 2022	9.30am – 5.00pm

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 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