



**Free Mental Health Awareness training for care home staff in North East Essex**

We are offering **free** Mental Health Awareness training courses which teach people how to identify, understand and help someone who may be experiencing mental ill health. MHA will not teach you to be a therapist, but it *will* teach you how to listen, reassure and respond, even in a crisis.

Course date:

24<sup>th</sup> May 2021  
9am-2pm

Delivery:

½ day **online** MHFA England Mental Health Awareness training

The course content will cover the following:

- Introduction to mental health and mental health issues
- Factors affecting mental health and suicide
- Stigma and its impact on recovery
- Understanding the skills to begin a conversation about a person's mental health
- Looking after your own mental health

Participants will receive a manual, workbook and local contact information.

Please email [suicidepreventiontraining@suffolk.gov.uk](mailto:suicidepreventiontraining@suffolk.gov.uk) to book, and include the following information:

- Name
- Email address
- Postal address (for the resources to be sent to)
- Contact telephone number