

wellbeing

Helping you live your life

NHS

iapt

Improving Access to
Psychological Therapies

Wellbeing Champion Training

Thursday 19th August, 10:30am

This FREE training is for anyone, but especially useful for organisations such as schools, businesses, charitable or community organisations. If you would like to increase your understanding about mental health and create a supportive and positive mental health environment where you live, work or volunteer, becoming a *Wellbeing Champion* may be for you!

This training will last up to an hour and a half with a break, and there will be time for Q&A's after.

Book a place: <https://www.eventbrite.co.uk/o/wellbeing-community-development-team-32911089191>

For more information, please email our social team:
socials@wellbeingnandw.co.uk

