

 **Mind**  
Hertfordshire  
Network

**Our Training &  
Courses**



Hertfordshire Mind Network has extensive experience within the field of mental health training and is recognised as a **leading provider of mental health-related training in Hertfordshire.**

We develop and deliver high quality training services both **online** and **in-person**, to voluntary, statutory and private sector organisations **locally** (and **nationally**) with a focus on mental health and wellbeing.

Training and courses can be adapted to your organisational requirements and high-quality **bespoke courses** and training can be written and delivered for any **organisation, workplace, charity** and **community group**. All of our training courses are written with the **involvement and participation** of staff, volunteers and service users with a **lived experience**.

Whether you wish to better support clients in your organisation or would like to upskill and improve support for your managers, employees, colleagues, volunteers, club members, or friends and champion mental health, we have training that can meet your needs.





“Whether it’s mindfulness for teaching staff, self-compassion for male carers, emotional resilience for rugby referees, mental health awareness in the workplace for estate agents, suicide and crisis training for construction companies or peer support for walking group members, our extensive catalogue of high-quality training can meet your needs.”

## Training Topics Catalogue

1. Health & Wellbeing
2. Supporting Others
3. Mental Health & Neurodiversity
4. Spot the Signs & Suicide Prevention
5. Peer Support Academy

1.

## Health & Wellbeing

[Click here!](#)

- Anger & Other Emotions
- Assertiveness & Communication Styles
- Building Emotional Resilience
- Building Self-Esteem
- Change & Uncertainty
- From Self-Criticism to Self-Compassion
- Isolation & Loneliness
- Looking After Your Wellbeing
- Mental Health Awareness
- Mindfulness & Relaxation
- One Mind, One Body
- Sleeping Well
- Stress Management & Burnout

**Topics we can include:** Men's Health, Women's Health







[Click here!](#)

## Mental Health & Neurodiversity

2.

- Autism, ADHD & Neurodiversity
- Common Mental Health Conditions
- Eating Disorders
- Hoarding & Mental Health
- LGBTQ+ Awareness
- Medication & Mental Health
- Menopause & Mental Health
- Mental Health & Learning Disabilities
- Mental Health Awareness
- Mental Health in the Workplace
- Mental Health in the Workplace for Managers (**CPD ACCREDITED**)
- Obsessive Compulsive Disorder
- Overcoming Anxiety & Fear
- Personality Disorders & EUPD
- Schizophrenia & Psychosis
- Self-Harm
- Trauma, PTSD & Trauma Informed Practice (**CPD ACCREDITED**)

3.

## Peer Support Academy

[Click here!](#)

- Foundations of Peer Support (**CPD ACCREDITED**)
- Supporting Others in a Peer Way

Our Peer Support Academy training focuses on using your lived experience of mental ill health to improve your wellbeing and live a fulfilling life.

You will learn how to use your lived experience to support yourself and others. You will also get to reflect on whether you want to embark on using your lived experience to help support others, or to create change in mental health services.







[Click here!](#)

## Spot the Signs Suicide Prevention

4.

- Spot the Signs Suicide Prevention

The aim of this training is to introduce the Spot the Signs campaign, raise awareness of suicide and provide practical steps to help attendees feel more confident in recognising and responding to those affected by suicide.

We can provide:

- 3-hour half-day training
- 1 hour introduction training
- GP & Primary Network training
- In-house training

5.

## Supporting Others

[Click here!](#)

- Motivational Interviewing
- Self-Compassion & Compassion Focused Therapy (CFT)
- Supporting an Individual in Crisis

**Additional topics we can include:**

Working from home, office working, managing your wellbeing at work, Equality, Diversity & Inclusion, Carers, Lived Experience







## Contact us

For further information about our training:

**Call: 02037 273600**

**Email: [training@hertfordshiremind.org](mailto:training@hertfordshiremind.org)**

**Enquire: [www.hertfordshiremindtraining.org](http://www.hertfordshiremindtraining.org)**

## Pricing

We pride ourselves on providing high quality, competitively priced training services. All proceeds from our training go into our training social enterprise.

We also offer discounts on block booking. All training attendees will be provided with a free digital pack of resources. For an additional fee, we can also provide a physical attendee pack including resources, handouts and certificates.

Please contact us for further details on pricing and costs.

