

TRAINING Newsletter

Our Recent Events

This summer has been another busy season for our training team! We've delivered sessions across a wide range of sectors, supporting people to feel confident, equipped, and empowered. Highlights include boundaries training for local library staff, menopause awareness training for school teachers, motivational interviewing skills for NHS staff, Mental Health First Aid for engineering teams. It's been fantastic to see so many individuals and organisations taking proactive steps to create mentally healthier, more supportive environments.



Mind Yourself Tip

Last month, our Staff Celebration Week took place, a week filled with activities, laughter, and connection. It was a reminder of the importance to take a step back from the day-to-day and create space for your team to connect. By carving out time for moments like these, whether it's a themed week, team lunch, or a simple catch-up session, can help everyone feel valued and recharged.

Suicide Prevention

“Our organisation needed suicide prevention training after supporting people through tough times. Staff were initially apprehensive, but they left feeling informed, energised, and confident. The training struck the perfect balance.”

We can deliver Spot The Signs Suicide Prevention training fully-funded, in-house or online for organisations across Hertfordshire.

FREE
 **SPOT THE SIGNS
& SAVE A LIFE**
SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE
TRAINING

Book Here!

Mental Health First Aid Training

is designed to help your staff:

- Spot early signs of mental health challenges
- Respond confidently and appropriately
- Create a supportive, stigma-free work culture

**Mental Health
First Aider®**
MHFA England

Talk to us today
W: www.hertsmindnetworktraining.org
E: training@hertsmindnetwork.org



Upcoming Topics

- Autism, ADHD & Neurodiversity
- Building Self-Esteem
- Grief & Bereavement
- Intro to Domestic Abuse
- Menopause
- Mental Health Awareness
- Mental Health First Aid
- Motivational Interviewing
- Neurodiversity
- Obsessive Compulsive Disorder
- Reflective Practice & Resilience *NEW
- Stress & Burnout
- Suicide Prevention
- Trauma & PTSD
- And many more...

**Book
Here!**

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