

ISSUE NO. 7

TRAINING Newsletter

SPRING 2025

Our Recent Events

This winter has been full of impactful training sessions, as we've worked with homelessness charities and housing associations to equip teams with vital mental health first aid skills. We've also had the privilege of training student unions, councils, and sports coaches. It's been incredible to see so many people passionate about making a difference!

Check out some of the fantastic organisations we've partnered with this winter:



Mind Yourself Tip

Talking about Grief: Grief doesn't shrink over time—you grow around it. As Andrew Garfield beautifully said about losing his mother, "Grief is all the unexpressed love we didn't get to tell her." Some days, grief takes up all the space; other days, there's room for more. Healing comes from growing and evolving, not forgetting.

Mental Health First Aid

"I was apprehensive about the course, fearing I'd been doing everything wrong. Instead, the training reassured me—I've been on the right track all along. It reinforced my natural listening skills and compassion while providing a clear structure for supporting others."

Whether for individuals in our open sessions or in-house group training, contact us to arrange this valuable training for your team.

MHFA England
INSTRUCTOR
MEMBER

Book Here!

If you're struggling with
your mental health and
need someone to talk to,
we are here for you.
7pm - 1am
Every. Single. Day.



Upcoming Topics

- 4-Week Anger Course
- Boundaries & Managing Endings
- Building Self-Esteem
- Hoarding Disorder
- Menopause
- Mental Health First Aid
- Mental Health in the Workplace
- Motivational Interviewing
- Neurodiversity
- Peer Support Academy
- Sleep
- Stress & Burnout
- Suicide Prevention
- Trauma & PTSD
- And many more...



**Book
Here!**

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