

TRAINING Newsletter

Our Recent Events

This spring has been full of impactful training sessions as we've continued to grow our reach across sectors. To name a few, we've delivered training to housing networks, universities, global tech companies, and the NHS. We've also worked with the Financial Conduct Authority, trained over 100 new Mental Health First Aiders, and even delivered MHFA training for my local gym! It's been inspiring to see so many individuals and organisations committed to creating mentally healthier spaces.



Mind Yourself Tip

Functioning looks different for everyone, and struggles often go unseen when life appears “fine” on the outside. In her podcast with Paul Brunson, Dr. Judith Joseph reminds us that linking mental health to functioning can create stigma. You don't have to wait for burnout—prioritising your mental health is valid, even when you're managing day to day.

Mental Health First Aid

"It was excellent and engaging, creating a safe space to explore challenging topics with honesty and empathy. The mix of activities and thoughtful discussions left me feeling more confident, better equipped, and genuinely inspired to support others with their mental health."

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

- Assertiveness & Communication Styles
- Boundaries & Managing Endings
- Building Self-Esteem
- Grief & Bereavement
- Intro to Domestic Abuse
- Menopause
- Mental Health Awareness
- Mental Health First Aid
- Motivational Interviewing
- Neurodiversity
- Reflective Practice & Resilience *NEW
- Stress & Burnout
- Suicide Prevention
- Trauma & PTSD
- And many more...

**Book
Here!**

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