



ISSUE NO. 10

WINTER 2025

TRAINING Newsletter

Our Recent Events

This autumn brought another exciting wave of collaboration for our training team, as we worked with housing associations, senior lawyers, science, tech and construction teams, electricians, student unions, job centres, sports associations, and more. Across these sectors, we delivered a Mental Health Awareness, Mental Health First Aid, Trauma-Informed Practice, Boundaries, Suicide Prevention Training, and more, helping organisations build confidence, strengthen wellbeing, and create safer, more supportive environments.



Mind Yourself Tip

As the new year approaches, try creating a “reverse bucket list.” Instead of listing everything you want to achieve, write down the things, habits, or worries you want to let go of, old pressures, self-doubt, unhelpful routines. Reflecting on what to release can create space for growth, focus, and more meaningful experiences in the year ahead. Letting go is just as powerful as chasing new goals.

Mental Health First Aid

“Overall the course has been a very positive experience and I’m glad to have gained new tools to support my colleagues.”

We're now also offering the half-day MHFA Refresher course alongside our 2-Day Nationally Accredited MHFA training at a reduced rate.

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

**MHFA England
INSTRUCTOR
MEMBER**

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



MHFA England

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



1,174 followers

We're delighted to have partnered with [Hertfordshire Mind Network](#) to undertake a Trauma Informed Practice training ...more



Upcoming Topics

- An Introduction to Peer Support
- Assertiveness & Communication Styles
- Autism, ADHD & Neurodiversity
- Boundaries & Managing Endings
- Building Self-Esteem
- Grief & Bereavement
- Hoarding Disorder
- Intro to Domestic Abuse
- Menopause & Mental Health
- Motivational Interviewing
- Personality Disorders & EUPD
- Self-Harm
- Spot The Signs Suicide Prevention
- Stress Management & Burnout
- Trauma & Trauma-Informed Practice

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**Book
Here!**

