

# wellbeing

Helping you live your life

**NHS**

iapt

Improving Access to  
Psychological Therapies

# Wellbeing Champion Online Training

**Thursday 18th August, 11am**

This FREE training is for anyone, but especially useful for organisations such as schools, businesses, charitable or community organisations. If you would like to increase your understanding about mental health and create a supportive and positive mental health environment where you live, work or volunteer, becoming a *Wellbeing Champion* may be for you! Easy to book via Eventbrite with new dates added regularly.

This training will last up to an hour and a half with a break, and there will be time for Q&A's after.

For more information please email:

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