

wellbeing

Helping you live your life

NHS

iapt

Improving Access to
Psychological Therapies

Wellbeing Champion Online Training

Wednesday 26th July (11 am)

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:
socials@wellbeingandw.co.uk

