

FREE Youth Mental Health Aware Training for PARENTS



- ✓ Preventative strategies to encourage positive mental health and wellbeing
- ✓ Knowledge to spot signs and symptoms of poor mental health

The online training includes a MHFA manual and an accredited Mental Health First Aid England certificate.



Training will take place via ZOOM
Saturday 18th September
10am – 1pm
Places are limited to 8 parents

Contact: Parenting@justdropin.co.uk

