

# IS YOUR ORGANISATION DOING ENOUGH TO SUPPORT STAFF STRUGGLING WITH THEIR MENTAL HEALTH?

## MENTAL HEALTH AWARENESS TRAINING

**The Creative Living Centre is an award-winning mental health charity, with over 21 years of experience supporting people living with mental health issues.**

We can offer sessions to develop your staff's wellbeing and their skills around working with people with mental health issues.

We run workshops for:

- Managing negative behaviours
- Dealing with anxiety and panic attacks
- understanding self harm
- managing disengaging behaviours

**For each topic we will look at signs and symptoms, how the condition affects behavior and techniques for how to help.**

"Incredibly useful personally and professional"

"Both speakers were very prepared, spoke from experience and related to the group in a constructive way. Good advice on how to deal with difficult situations, how to recognise situations and how to pre-empt difficult situations which could arise."

If you are interested, please contact:

Deborah.egan@creativelivingcentre.org.uk  
for more information or ring 0161 6967501