

# "Let's start talking"

## One hour introduction to mental health awareness

Havant and East Hants Mind will be delivering online bitesize sessions for people working or volunteering in the voluntary/public sector who may come into contact with vulnerable customers, whom maybe struggling with their mental health. These workplaces must be in Hampshire, Portsmouth, Southampton or the Isle of Wight to qualify for the fully funded places

Sessions will equip staff with the understanding and confidence to talk about mental health with colleagues and members of the public/service users

### Topics covered:

- Increase awareness of mental health.
- What negatively affects our wellbeing.
- Spotting the signs that someone may be struggling.
- How to positively look after our mental health and wellbeing.
- How to support someone else and have a conversation.
- Signposting.

"I found the session very helpful in understanding the different situations in life that can cause people to become very unhappy, worried and negative"

"This session has made me more aware of the importance of mental health. great trainer and very interesting"

### How do I book on a session?

Select the date and time you wish to book onto – click the link which will take you to the Eventbrite booking page.

DATE	TIME	LINK TO BOOK
Thursday 19 <sup>th</sup> September	9.30 – 10.30am	<a href="#">Let's start talking - one hour introduction to mental health awareness Tickets, Thu 19 Sep 2024 at 09:30   Eventbrite</a>
Friday 8 <sup>th</sup> November	10.30 – 11.30am	<a href="#">Let's start talking - one hour introduction to mental health awareness Tickets, Fri 8 Nov 2024 at 10:30   Eventbrite</a>
Monday 13 <sup>th</sup> January	1.30 – 2.30pm	<a href="#">Let's start talking - one hour introduction to mental health awareness Tickets, Mon 13 Jan 2025 at 13:30   Eventbrite</a>
Friday 21 <sup>st</sup> March	9.30 – 10.30am	<a href="#">Let's start talking - one hour introduction to mental health awareness Tickets, Fri 21 Mar 2025 at 09:30   Eventbrite</a>
Wednesday 7 <sup>th</sup> May	10.30 – 11.30am	<a href="#">Let's start talking - one hour introduction to mental health awareness Tickets, Wed 7 May 2025 at 10:30   Eventbrite</a>
Thursday 3 <sup>rd</sup> July	1.30 – 2.30pm	<a href="#">Let's start talking - one hour introduction to mental health awareness Tickets, Thu 3 Jul 2025 at 13:30   Eventbrite</a>

If you have any questions at all about the session, how to book, if eligible to attend, to be added to waiting list if spaces are full - please email: [workplace@easthantsmind.org](mailto:workplace@easthantsmind.org)

Please also sign up to receive the Havant and East Hants mind newsletter through our website and take a look at all our course offers: <https://www.easthantsmind.org/training/>



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CITY COUNCIL



**Hampshire**  
County Council



**ISLE of WIGHT**  
COUNCIL



**Portsmouth**  
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