



Blackburn with Darwen

**ADULT LEARNING**

## **Family Learning**

# **Free Mental Health Training**

**Do you want to be able to gain a greater understanding of how to support your family's, your friends, your colleagues and you own mental health? We are offering free training to be delivered in schools across Blackburn with Darwen:**

**Mental Health First Aid, Full Training Package - 16 Hours**

**Youth Mental Health First Aid, Full Training Package - 16 Hours**

**Mental Health First Aid Champions Training - 8 Hours**

**Mental Health First Aid Awareness - 4 Hours**

**Youth Mental Health First Aid Awareness - 4 Hours**

**Supporting Family Mental Health - 8 Hours**

**Understanding Adverse Childhood Experiences - 8 Hours**

**All of the above courses are available to staff, parents and volunteers in your school**



**Family Learning**