



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