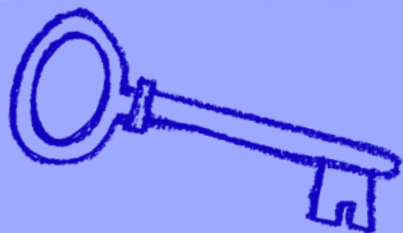


Do you work with young people in the Manhood Peninsula?

If so, we're offering four free virtual training sessions – here's everything you need to know!



Understanding Young People's Mental Health (16-25)

Tuesday 21 October 2025, 09:00 - 11:30

Talking to young people about mental health

Tuesday 17 February 2026, 09:00 - 11:00

Youth Mental Health First Aid

**Become an accredited Mental Health First Aider®
Dates to be confirmed.**



Suicide Prevention e-Learning

A self-paced programme which takes 60 minutes to complete. Facilitated by LivingWorks.



Don't miss out!

Sign up today by visiting our website.



Or contact the West Sussex Mind Training team for more information:

training@westsussexmind.org



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