

Are you caring for young people in the Manhood Peninsula?

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



Understanding Young People's Mental Health (16-25)
Tuesday 16 December 2025, 09:00 - 11:30
Explore the common issues that young people face.

Talking to young people about mental health
Tuesday 31 March 2026, 09:00 - 11:00

Practical strategies for talking with young people about mental health and emotional wellbeing.



Suicide Prevention e-Learning
A self-paced learning programme 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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