



Wednesday 12th December

Mental Health Uncovered

This course will give you a greater understanding of Mental Health. How the stresses of life, work and relationships, affect your mental health.

Learners will:

- Understand the difference between Good Mental Health and poor Mental Health
- Learn about various conditions and what symptoms to look out for
- Identify ways of managing mental health in the workplace
- Learn techniques to promote good mental health in your workplace

12.12.2018

10:00 to 13:30

**Community First
Fareham**

163 West Street
Fareham

PO16 0EF

**£55 Voluntary
£90 Private**

Like to book a place?
Then contact

Community First

01329 223 155

or

01730 777 059

or email

bookings@cfirst.org.uk

You can book online at:

[https://www.cfirst.org.uk/
training/booking/](https://www.cfirst.org.uk/training/booking/)

Limited places available