

## Introduction to Supporting People with Mental Health Needs - St Mungo's

### Trainer Info:

Laurie is a Trainee Clinical Psychologist currently based in Cornwall. Prior to starting clinical training, he worked for 14 years in various community mental health and youth service roles in London and Bristol. He has developed and delivered various mental health training programmes while coordinating a community based mental health training project in Bristol. He is also certified to deliver other national and accredited training courses including KUF Personality Disorder training. His areas of interest in his work include engaging marginalised and disadvantaged groups, masculinity, and the experience of hearing voices and seeing visions.

### Learning aims for the session:

- Introduce the concept mental health and wellbeing.
- Discuss how to recognise psychological distress and our reaction to it.
- Be more confident to know what to do to help someone in psychological distress.
- Discuss ways to look after yourself in your work.

### Is there a cost?

No, this activity is free of charge.

### Who is this aimed at?

Men and women, all ages.

### Contact Details

St Mungo's

Phone: 07825 115 775

Email: [ralph.lillywhite@mungos.org](mailto:ralph.lillywhite@mungos.org)

### When & where does it start?

Thursday 22nd September	09:30 - 12:30	1 session	On Line  07825 115 775
Thursday 8th December	09:30 - 12:30	1 session	On Line  07825 115 775

Booking is essential to ensure your place on the activity. Most courses are free but if a charge applies, that is indicated above.

Call 01225 831 820 or email [enquiries@wellbeingcollegebanes.co.uk](mailto:enquiries@wellbeingcollegebanes.co.uk) for more information or to book your place.

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