Mind Hertfordshire Network

Our Training & Courses



Hertfordshire Mind Network has extensive experience within the field of mental health training and is recognised as a leading provider of mental health-related training in Hertfordshire.

We develop and deliver high quality training services both **online** and **in-person**, to voluntry, statutory and private sector organisations **locally** (and **nationally**) with a focus on mental health and wellbeing.

Training and courses can be adapted to your organisational requirements and high-quality bespoke courses and training can be written and delivered for any organisation, workplace, charity and community group. All of our training courses are written with the involvement and participation of staff, volunteers and service users with a lived experience.

Whether you wish to better support clients in your organisation or would like to upskill and improve support for your managers, employees, colleagues, volunteers, club members, or friends and champion mental health, we have training that can meet your needs.



Training Topics
Catalogue

1. Courses Coming Up

2. Wellbeing

- 3. Mental Health & Neurodiversity
- 4. Supporting Others & Suicide Prevention

1.

Courses Coming Up

Click here!

We have a range of courses that are available to book now:

- Mental Health Awareness & Resilience (CPD ACCREDITED)
- Mental Health in the Workplace (CPD ACCREDITED)
- Mental Health in the Workplace for Managers

Additional topics we can include:

Working from home, office working, managing your wellbeing at work





Click here!

Wellbeing

- Anger & Other Emotions
- Assertiveness & Communication Styles
- Building Emotional Resilience & Self-Esteem
- Change & Uncertainty
- Emotional & Physical Wellbeing

- Financial Wellbeing
- Isolation & Loneliness
- Mindfulness & Relaxation
- Managing Emotional & Physical Wellbeing
- Self-Compassion & Self-Criticism
- Stress Management & Burnout

All of our Emotional Wellbeing sessions can combined together and delivered as 1, 2 or 3-hour workshops.

3.

Mental Health & Neurodiversity

Click here!

- Anxiety & Social Anxiety
- Autism, ADHD & Neurodiversity
- Common Mental Health Conditions
- Depression & Mood
- Eating Disorders
- Fear of Relapse
- Hoarding Disorder
- Learning Disabilities & Mental Health

- LGBTQ+ Awareness
- Menopause & Mental Health
- Medication & Mental Health
- Personality Disorders & EUPD
- Psychosis & Schizophrenia
- Self-Harm & Suicide
- Trauma, PTSD & Trauma Informed Practice (CPD ACCREDITED)

Topics we can include: Men's Health, Women's Health, LGBTQ+ Awareness



Click here!

Supporting Others & Suicide Prevention

- Motivational Interviewing (MI)
- Peer Support Academy Level 1 (CPD ACCREDITED)
- Peer Support & How to Support Others
- Self-Compassion & Compassion Focused Therapy (CFT)
- Suicide Awareness & Prevention (Spot the Signs) (CPD ACCREDITED)
- Supporting an Individual in Crisis

Topics we can include:

Equality, Diversity & Inclusion, Managing Challenging Behaviour, Carers, Lived Experience

Mind Hertfordshire Network



Contact us

For further information about our training:

Call: 02037 273600

Email: training@hertfordshiremind.org

Enquire: www.hertsmindnetwork.org/training

Pricing

We pride ourselves on providing high quality competitively priced training services. All proceeds from our training go into our training social enterprise.

We also offer discounts on block booking. All training attendees will be provided with a free digital pack of resources. For an additional fee, we also can provide a physical attendee pack including resources, handouts and certificates.

Please contact us for further details on pricing and costs.