



**All training
can be made
bespoke to suit
your school's
needs**

Mental Health Education in Schools

Start the conversation around Mental Health...

What we offer:

Assembly £100 • Workshop £100 • Half Day £300 • Full Day £600

Example topics include:

- Mental health awareness
- Anxiety/stress
- Exam pressure
- Wellbeing
- Social media... and more!

“The ladies who delivered the training session were lovely and clearly very knowledgeable about mental health and I left with a very good understanding of mental health and how to help people”

For bookings or more information please email cyp@bucksmind.org.uk or call **01494 463364**.

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