

# Session 1

## *CERTIFICATE OF ATTENDANCE*

*THIS IS TO CERTIFY THAT*

*COMPLETED A HALF DAY COURSE ON*

### Learning Outcomes

- ▶ Develop the skills and confidence to discuss mental health and wellbeing within daily practice
- ▶ Explain mental health and wellbeing by using specific public health models and self-help principles
- ▶ Recognise the qualities and attitudes needed to promote mental health and wellbeing
- ▶ Identify local mental health and wellbeing resources and services that support your community

**Trainer(s)**

*Zy Williams*

