

Quality Conversations for Mental Health



Quality Conversations for Mental Health Training is a Public Health commissioned training programme which has been successfully delivered by the Quality Conversations Team across JUCD!

What is it?

The Quality Conversations for Mental Health training is a 3-hour training course to help participants develop more confidence for everyday conversations with people around mental health.

Who it's for?

It is for staff and volunteers from statutory, community and voluntary sector organisations, working in Derbyshire County or Derby City.

Where is it (Person or Online)

It is a virtual session on MS Teams.

What can you get from the training?

- learn how to start conversations about wellbeing, mental health, and helpful ways to respond
- develop more confidence in everyday interactions around people's wellbeing
- learn mental health conversation skills for working life - and life away from work
- practice these skills in a friendly and supportive group

The next available date is **[3rd September 2024, book your place here!](#)**

You can find other dates [here](#)

