

## Quality Conversations- Coming up in February

### Spotlight on: Quality Conversations for Mental Health

Do you want to have more confidence to talk to people about their mental health? Join one of our **Quality Conversations for Mental Health** sessions, where you'll gain strategies to navigate these important discussions with confidence and empathy.

- [Wednesday, 05/02/2025: 1.15pm - 4.30pm](#)
- [Tuesday, 11/02/2025: 9.15am - 12.30pm](#)
- [Thursday, 13/02/2025: 1.15pm - 4.30pm](#)

### Other Sessions Available:

- **Clear Conversations- Verbal Health Literacy**  
[Monday, 24/02/2025: 1pm - 3pm](#)
- **Having Behaviour Change Conversations**  
[Tuesday, 25/02/2025: 9.15am - 12.30pm](#)
- **Quality Conversations for Leaders**  
[Thursday, 06/02/2025: 9.15am - 12.30pm](#)

Best Wishes,

Laura Walton-Taylor (she/her)

**Project Lead- Quality Conversations** (3 days)

**Health Literacy Officer** (2 days)

[Quality Conversations, Personalisation and Health Literacy » Joined Up Care Derbyshire](#)