

## Want to have better conversations about mental health?

Talking about mental health isn't always easy – but it can be easier.

Join our upcoming **Having Better Mental Health Conversations** training and build your confidence in starting meaningful conversations about wellbeing, both at work and beyond.

In this short, practical course, you'll learn:



How to open up conversations around mental health.



Ways to listen and respond with empathy.



Skills that can support both your colleagues – and yourself.

Whether you're supporting a teammate, checking in with a friend, or just wanting to feel more prepared, this session is for you.

Let's make it easier to talk.

Book your place below!

### April dates

- [Thursday 17/04/2025- 1.15pm-4.30pm](#)
- [Tuesday 22/04/2025- 9.15am-12.30pm](#)

### May dates

- [Tuesday 06/05/2025- 9.15am-12.30pm](#)
- [Thursday 08/05/2025- 1.15pm-4.30pm](#)
- [Wednesday 21/05/2025- 1.15pm- 4.30pm](#)

Best Wishes,

Laura Walton-Taylor (she/her)

**Project Lead- Quality Conversations and Health Literacy**

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