Cultural Competence and Mental Health Inequalities training, and
Mental Health First Aid (MHFA)

Training courses across West Yorkshire

FREE training

Two and a half days

Open to all frontline workers and volunteers in the VCSE health and care third sector

- Recognise and respond to the signs of Mental ill-health
- Explore intersectionality
- Learn culturally competent and inclusive approaches
- Understand impacts of trauma and structural inequalities

Book online:

All About Inclusion Booking Form

Online

- **Friday 19 January 13:00 - 17:00**
- **Wednesday 24 January 9:30 - 16:30**
- **Wednesday 31 January 9:30 - 16:30**

Calderdale

- **Monday 19 February 13:00 - 17:00**
- **Wednesday 21 February 9:30am - 16:40**
- **Wednesday 28 February 9:30 - 16:30**

Wakefield

- **Thursday 14 March 12:30 - 16:30**
- **Friday 15 March 9:30 - 16:30**
- **Wednesday 20 March 9:30 - 16:30**

Dates and times are for the entire training course. Participants attend all 2.5 days at a location.

For more information contact:
workinclusionkm@gmail.com
07711 080 223

All About Inclusion — workplace training & wellbeing needs

This training is available thanks to:

Forum Central

Delivered in partnership by: Leeds Older People's Forum, volition working well together

West Yorkshire Health and Care Partnership — Mental Health and Wellbeing Hub

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Book online:

Inspire North/Community Links Booking Form

Leeds

- **Friday 19 January 9:00 - 13:00**
- **Tuesday 23 January 9:30 - 16:30**
- **Wednesday 24 January 9:30 – 16:30**

Bradford

- **Thursday 8 February 9:00 - 13:00**
- **Thursday 15 February 9:30 - 16:30**
- **Friday 16 February 9.30 - 16:30**

Kirklees

- **Thursday 14 March 9:00 - 13:00**
- **Thursday 21 March 9:30 - 16.30**
- **Friday 22 March 9:30 - 16:30**

Dates and times are for the entire training course. Participants attend all 2.5 days at a location.

For more information contact:
training@commlinks.co.uk
0113 2739 675

COMMUNITY LINKS TRAINING

This training is available thanks to:

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Mental Health and Wellbeing Hub