Free Community Mental Health Awareness Training

1 in 4
people in the UK experience a mental health illness each year.

Build the confidence to support mental wellbeing in your community.



For local leaders, mentors, role models and volunteers from:

- Faith settings
- Community groups
- Small organisations
- Across Birmingham

Inclusive · Culturally sensitive · Community led

for more information visit: **www.ypec.co.uk**

This training is for you if you...

are a leader, mentor, role model or volunteer in a faith group, community organisation or small charity in Birmingham, and want to feel more confident supporting mental wellbeing.

In this training you will:

- Understand what mental wellbeing is, stigma and common mental health concerns.
- Promote self-care and wellbeing within your community.
- Know how to signpost people to appropriate and culturally relevant support.
- Feel confident having compassionate conversations about mental health.
- Access ongoing support, resources and a network of trained leaders.

About the training

- Delivered online or face-to-face in local settings
- Co-designed with communities to reflect your needs and culture

Training Dates:

Wednesday 21st October 2026

Thursday 19th November 2026

Tuesday 08th December 2026

Important to know

This training is designed to build awareness and confidence. Participants will not be expected to act as counsellors or mental health professionals.

To book a bespoke training session for your group or organisation

Email: info@ypec.co.uk

Training for stronger communities. Support for better wellbeing.