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| **Mental Health First Aid Accredited Training – for AWD Providers** |
| Session details1. A deeper understanding of mental health and the factors that can affect people’s wellbeing
2. Practical skills to spot the triggers and signs of mental health issues
3. The confidence to step in and support someone in the workplace by guiding them to appropriate support
4. Three years access to the MHFAider Support App® with 24/7 digital support
5. Access to exclusive resources, ongoing learning opportunities, and the benefit of joining England’s largest community of trained MHFAiders®

**One** space per registered provider. This session will start promptly at 09:30 please join at 09:20 to allow time for registration. Attendees will not be permitted entry once the session has started. |
| All four dates must be attended to receive certification.Day 1 – 5th February Day 2 - 11th FebruaryDay 3 – 19th February Day 4 - 26th February*\*Please note these fall on Wednesdays other than 11th February which is a Tuesday* | All days will run from 09:30 to 14:30 | All dates will be delivered virtually via Zoom. A link will be sent nearer the time. |

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| Delegate name/s: |
| Name of company, Service and geographical area covered: |
| Work Email: |
| Phone: |

This course is only open to registered adult social care services that are based within the geographical boundaries of Essex County Council.

Please complete the booking table, return to quality.innovation@essex.gov.uk  and await booking confirmation.

Essex County Council (ECC) is the controller of the personal information you provide to us.

The personal information collected on this form will be used by ECC for the administration of the training/event you have requested. This information will only be shared with the relevant training or event organiser for the purposes of contacting you about the training/event. If we suspect fraud or crime is being committed, we may also share your information with the police and other fraud investigations, where the law requires us to do so. For more detail on how your personal information is used and your rights, please visit [www.essex.gov.uk/privacy](http://www.essex.gov.uk/privacy)