



FREE MENTAL HEALTH TRAINING

FOR ALL COMMUNITY GROUPS & GRASS ROOTS SPORTS CLUBS

Based in:

SANDWELL — WOLVERHAMPTON — DUDLEY

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WE ALL HAVE MENTAL HEALTH

Tough Enough To Care are offering **FREE** mental health training to community groups and grass roots sports clubs

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Where: We come to your group/club or a nearby venue

Who: Open to anyone in your group/club aged 16+

Cost: These sessions are **fully funded** by the West Midlands Police and Crime Commissioner

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- 60 minute mental health awareness session + Q&A
- 2 members from each organisation are then invited to attend a 1 Day Mental Health First Aid Champion course - *Fully accredited training courses held quarterly*

Funded By



west midlands
police and crime
commissioner

To book training at YOUR club/group;
Email us : info@toughenoughtocare.org

REGISTERED CHARITY IN ENGLAND & WALES NO: 1187404

Free Mental Health
TRAINING



Free Mental Health Training for community groups
and grass roots sports clubs

BOOK FOR YOUR CLUB / GROUP NOW

See reverse for more info & contact