

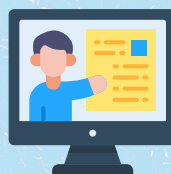
## Virtual Training Offer

Access free training from Compass Community, part of Compass - a trusted national charity specialising in children and young persons mental health, with a proven track record of delivering high-quality services, training and support in communities across England.



## Courses include:

- Signs and Symptoms of Common Mental Health Problems
- Introduction to Mental Health and Wellbeing
- Peer Wellbeing
- Work/life Balance
- Five Ways to Wellbeing



Our free courses last up to 3 hours, are online based and are available for up to 10 delegates. Sessions can be booked at a time and date suitable to your team.

**For more information, or to book, please contact: [compass\\_community@compass-uk.org](mailto:compass_community@compass-uk.org)**