



# FREE MENTAL HEALTH TRAINING CALENDAR



Available for third-sector frontline workers  
and volunteers in Leeds

Book via the Community Links website  
<https://www.commlinks.co.uk/training/courses/>  
To Learn More: [info@beingyouleeds.org.uk](mailto:info@beingyouleeds.org.uk)

SafeTALK  
22nd May 2024

Mental Health  
First Aid  
12th & 13th June  
2024

SafeTALK  
17th June 2024

SafeTALK  
8th July 2024

SafeTALK  
6th August 2024

ASIST  
16th & 17th  
September  
2024

SafeTALK  
20th September  
2024

Mental Health  
First Aid  
24th & 25th  
September 2024

SafeTALK  
16th October  
2024

Mental Health  
First Aid  
6th & 7th  
November 2024

SafeTALK  
21st November  
2024

SafeTALK  
10th December  
2024

Mental Health  
First Aid  
29th & 30th  
February 2025

SafeTALK  
15th January  
2025

Mental Health  
First Aid  
4th & 5th February  
2025

ASIST  
10th & 11th  
February 2025

SafeTALK  
11th February  
2025

SafeTALK  
27th March  
2025



SCAN ME



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## SAFETALK

A half-day training course that will help you to:

- Recognise those who may be at risk of suicide
- Ask individuals clearly and openly about their thoughts of suicide
- Connect individuals at risk to local sources of help

## ASIST

Applied Suicide Intervention Skills Training (ASIST). This two-day training course will equip you to:

- Recognise invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link people with community resources

## MENTAL HEALTH FIRST AID

This two-day (or 4 half-days) course qualifies you as a Mental Health First Aider! The course will give you:

- An in-depth understanding of mental health and
- the factors that can affect wellbeing
- Practical skills to spot the triggers and
- signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health
- by guiding them to further support