FUNDED MENTAL HEALTH TRAINING CALENDAR

MARCH 2026 - MARCH 2027

Available for third-sector frontline workers and volunteers in Leeds

Mental Health First Aid
18th & 19th November 2026

Asist
10th & 11th February 2027

SafeTALK
26th November 2026

Mental Health First Aid
27th & 28th January 2027

SafeTALK
13th January 2027

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

9.30-13.30
LS8

ASIST

Applied Suicide Intervention Skills Training (ASIST). 2-day training course 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

8:30 - 16:30
LS8

MENTAL HEALTH FIRST AID

This two-day 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

9:30-16:30
LS8

Book via the Inspire North website: **www.inspirenorth.co.uk/learning-and-development/** For more information contact: **info@beingyouleeds.org.uk**

FREE MENTAL HEALTH TRAINING CALENDAR
APRIL 2026 - MARCH 2027

Available for third-sector frontline workers and volunteers in Leeds

Book via the Inspire North website
inspirenorth.co.uk/training/learning-and-development/
To Learn More: training@inspirenorth.co.uk

Mental Health First Aid
22nd & 23rd
April 2026

ASIST
6th & 7th
May 2026

SafeTALK
13th May 2026

Mental Health First Aid
24th & 25th June 2026

SafeTALK
15th July 2026

SafeTALK
9th September 2026

Mental Health First Aid
16th & 17th September
2026

ASIST
22nd & 23rd
September 2026

ASIST
7th & 8th October
2026

Mental Health First Aid
18th & 19th November
2026

SafeTALK
26th November
2026

SafeTALK
13th January 2027
2027

Mental Health First
Aid
27th & 28th
January 2027

ASIST
10th & 11th
February 2027

Mental Health First
Aid 17th & 18th
March 2027