

## Quality Conversations for Mental Health

Would you like to feel more confident talking about mental health and wellbeing – at work and in everyday life?

Join our upcoming **short course** to learn practical skills for starting meaningful conversations about mental health, responding with empathy, and supporting others more effectively.

Whether you're in a professional role or simply want to be there for the people around you, this course is designed to help you have better, more supportive conversations.

### Upcoming Sessions:

- [Wednesday 16 July 2025 | 9:15 AM – 12:30 PM](#)
- [Thursday 24 July 2025 | 1:15 PM – 4:30 PM](#)
- [Thursday 28 August 2025 | 9:15 AM – 12:30 PM](#)

Best Wishes,

Laura Walton-Taylor (she/her)

**Project Lead- Quality Conversations and Health Literacy**

[Quality Conversations, Personalisation and Health Literacy » Joined Up Care Derbyshire](#)