

## **Having better mental health conversations**

Talking about mental health can be tough- but it doesn't have to be.

In this short, practical course, you'll learn how to start supportive conversations about mental health and wellbeing, and how to respond in ways that are helpful and respectful.

Whether you're at work or with friends and family, the skills you learn will help you feel more confident, compassionate, and equipped to talk about mental health in everyday life.

**Learn skills that make a difference- for others and for yourself.**

### **August dates**

[Thursday 28/08/2025- 9.15am-12.30pm](#)

### **September dates**

[Thursday 18/09/2025- 1.15pm-4.30pm](#)

[Tuesday 23/09/2025-1.15pm-4.30pm](#)

Best Wishes,

Laura Connolly (she/her)

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