

## **Mental Health Awareness Training**

# CERTIFICATE OF ATTENDANCE

**Matthew Beardshall**

Has attended the above training course held on  
Wednesday 15<sup>th</sup> February 2023

**Total CPD Hours:**  
**4 Hours**

Training delivered on behalf of  
**HARMLESS**

The course includes the following topics:

Continuum of Mental Health ·  
Mental Health Statistics · Reducing Stigma & Discrimination ·  
Protective & Risk Indicators · Warning Signs & Symptoms  
Skills to Respond & Support · Signposting  
· Recovery

Director: *C Harroe*

Date: 17/02/2023

