



THE CATHOLIC DIOCESE OF  
ARUNDEL & BRIGHTON

# MENTAL HEALTH COURSES

For anyone involved  
in Parish ministry



**The Diocese is pleased to be able to offer a range of courses to empower anyone involved in ministry to walk alongside those who struggle with mental health issues.**

All courses are MHFA England accredited and are heavily subsidised by the Diocese. Please approach your Parish Priest if you need assistance with funding.

To find out where and when these courses are taking place please scan here:



or email:

**E: [formation@abdiocese.org.uk](mailto:formation@abdiocese.org.uk)**

## **Available Courses:**

### **Mental Health Aware - Half Day Course (£30)**

Learn the basics of what mental health is and how to challenge stigma, explore how to maintain your own mental health and maintain wellbeing, gain confidence to support someone in distress.

### **Mental Health Champion - Full Day Course (£60)**

Gain the knowledge and confidence to advocate for mental health awareness, obtain skills to support positive wellbeing and develop the ability to spot signs of mental ill health.

### **Adult/Youth Mental Health First Aid - Two Day Course (£120)**

This course won't teach you to be a therapist, but it will teach you listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening. You'll learn to recognise warning signs of mental ill health and develop the skills and confidence to approach and support someone while keeping yourself safe.