

**For a limited time we are able to offer free basic Mental Health Awareness training.**

**The introductory course lasts one hour and a certificate of attendance will be given.**

**This invaluable insight into Mental Health awareness is open to individuals, community groups, businesses and other organisations.**

**To book your place**

**Phone  
01822613746**

**Email**

**[training@makeadifferencetavistock.online](mailto:training@makeadifferencetavistock.online)**

**Or drop in to Tridnet house between  
12-4 p.m Mon-Friday**



**OPENING TIMES**

**Mon-Fri 12-4 p.m**

**Tel: 01822 613746**

**[tridenthouse@makeadifferencetavistock.online](mailto:tridenthouse@makeadifferencetavistock.online)**

**[www.makeadifferencetavistock.org](http://www.makeadifferencetavistock.org)**



We also run the following courses

**Level 1** Award in Awareness of First Aid for Mental Health in the workplace

**Level 2** Award in First Aid for Mental Health in the workplace

**Level 3** Award in Supervising First Aid for Mental Health in the workplace

**All of the above course are Ofqual regulated FAA Awards**

Please contact us for further details, availability and prices.



**2 Taylor Square  
Tavistock  
Devon  
PL19 0DG  
01822 613746**

**time to change**

let's end mental health discrimination



THERE'S NOTHING WORSE THAN SOMEONE SAYING, "JUST SNAP OUT OF IT."



**Make A Difference**

Mental Wellbeing HUB

**Making the Day Brighter**

[www.makeadifferencetavistock.org](http://www.makeadifferencetavistock.org)

TRIDENT HOUSE

**FREE**

**BASIC  
MENTAL HEALTH  
AWARENESS  
TRAINING**

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