



FundaMENTALLY Healthy

Do you want to save lives? Because YOU can!

Are you interested in mental health, community building & suicide prevention?

Are you interested in becoming a Mental Health First Aider & receiving an accredited & OFQUAL regulated qualification?

If so, JOIN US and complete the FundaMENTALLY Healthy programme. No prior experience needed.

Eight Sessions - Two hours each - Over four weeks

Fully funded and with opportunities to progress to an advanced level

Get in touch for more information:

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