



Leicester, Leicestershire
and Rutland
Talking Therapies



vita
health group
Part of Spire Healthcare

2026

Leicester, Leicestershire and Rutland Talking Therapies

**Training packages for our Health
and voluntary care professionals –
CPD UK Accredited Mental Health
Advocacy Training**



Making People Better

CPD UK Accredited Mental Health Advocacy Training

Leicester, Leicestershire & Rutland NHS Talking Therapies are running FREE 2-day CPD UK accredited Mental Health Advocacy training for professionals in the health, social or voluntary care sectors across LLR.

During the 2 Days we will explore:

- Common mental health conditions
- The skills needed to help someone who might be struggling with their mental health.
- Understand the importance of mental health at work
- Build the confidence and practical skills to step in and support a person in distress.
- Look at self-harm and suicide and understand where you can signpost to for additional support.
- Look at the importance of a pro-active workplace culture, learn to identify and attend to issues at work that might contribute to poor mental health.
- A key element of this training is to ensure a good understanding of our boundaries and limitations.

Mental Health
Advocacy 2025



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Date	Location	Time
Monday 7 th Tuesday 8 th September	Online	9am-3pm
Wednesday 16 th Thursday 17 th September	Online	9am-3pm



Book Now!

Contact us on

mentalhealthtrainers@vhg.co.uk

Free
2 Day Online
Training