






Getting to know the Skills Centre



The Skills Centre is an essential resource for you as a MHFA. It's designed to help you stay sharp and effectively support your role.

Want to explore? Here are some key places to start:

-  **Upcoming events**
See and register interest for events scheduled in the next three months, all tailored to enhance your skills as a MHFA.
-  **Useful information**
Access a variety of educational materials on mental health and wellbeing, equipping you with the tools to effectively support others.
-  **Self-care resources**
We offer a variety of tools, materials, and guided techniques to support your wellbeing.
-  **Key resources**
Discover important tools and key materials to support your role within the MHFA network.
-  **Upskilling**
Enhance your abilities with tailored resources that empower you to effectively support your colleagues while boosting both confidence and competence in your role.

Scan the QR code, look for the fancy mortar board icon and dive in!

