

Training

Our Time to Change Wales Educators deliver anti-stigma training that incorporates their first hand experiences to community groups and organisations who want to be challenge stigma.

The information and training sessions for groups are flexible and can last between 20 - 90 minutes. Audiences will meet our Time to Change Wales Educators, view a specially commissioned film on mental health stigma and have the opportunity to discuss issues raised by the film with those who have a lived experience of stigma and discrimination.

Inviting our Educators to your organisation provides you with many benefits.

- A free training session
- Demonstrating your commitment to challenging stigma and discrimination in the workplace
- Making the workplace an environment where it's ok to talk about mental health
- Helping to create a mentally healthy workplace
- Improving mental health and reducing stigma has been shown to increase staff morale and reduce absenteeism
- Enhancing perception of your organisation as a caring and supportive employer.



"Rachel spoke with such honesty, confidence, at times humour and was so open to blunt and sometimes admittedly-ignorant questions, she has genuinely changed my perception of mental illness in one life changing session."

Network Rail

Inviting our Educators to talk to your organisation also benefits them tremendously, in supporting them through their recovery. They receive training and support that helps them to develop new skills and boosts confidence.

If you would like any further information then please contact our training team.

David Childs, Senior Trainer

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