

Want to Learn More About Mental Health?

For a bitesized introduction to mental health visit the rep's area of Usdaw's website at: www.usdaw.org.uk/MHcourse and complete the 10 minute online course.

Sign up for one of our free mental health awareness courses available to members via the 'Health and Wellbeing' section of the learning gateway on Usdaw's website: www.usdaw.org.uk/OLGhealth

You can also access CPD accredited paid for courses via New Skills Academy from the gateway www.usdaw.org.uk/OLG or by this direct link: www.usdaw.org.uk/NSA

The Union can help reps access mental health awareness training courses. Speak to your ULR (Union Learning Rep) or, if you do not have a ULR or you do not know who they are, talk to your Area Organiser or email lifelong_learning@usdaw.org.uk

#TalkToUshaw

www.usdaw.org.uk



Stock photography,
posed by models.



UshawUnion

