



Making a difference to people's mental health

Brighter Lives Beyond Recovery

Let's make a positive difference to mental health locally.

Brighter Lives is focused on helping Christian organisations to respond to the long-term impact of Covid-19 on people's mental health – whatever their faith, or none – through greater training, resources and support.

The past two years have had a dramatic impact on people's mental health. What was a huge problem across our communities is now a crisis, and support services are stretched like never before.

Together Middlesbrough and Cleveland is a Christian social action charity born of a commitment to tackling poverty and social issues in the most deprived area of the country.

Together Middlesbrough and Cleveland can work with you to provide training and support for clergy, paid and unpaid church workers, volunteers and staff in Christian charities to:

- access or deliver mental health first aid training
- access/develop health and wellbeing groups
- signpost to additional specialist mental health services.

Jan and Julie are happy to come and talk to you to discuss how Brighter Lives can work with you and your community.

Please contact either:

Julie McGee 07753 328395

Jan Hodgson 07518419182



FIRST AID FOR MENTAL HEALTH AWARENESS COURSE

One in four people will experience a mental health problem at some point in their lifetime.

First aid for mental health is the initial support provided to a person experiencing a mental health problem, until professional help is received or until the crisis is resolved.

The purpose of the course is to provide learners with:

- an understanding and awareness of mental health including common mental health disorders and issues
- help reduce stigma and discrimination
- encourage people to talk about mental health
- apply knowledge of mental health through recognising and responding to the signs of mental health in themselves and others
- be able to offer mental health first aid to people experiencing mental ill-health.

The course will last for approximately 5 hours and will be offered at a centre convenient for you.

For further information please contact:

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