Get Set to Go

Mental Health Awareness for Sport and Physical Activity (MHASPA) training

A 3hr practical workshop to help volunteers, sport administrators, coaches, and front-of-house staff understand common misconceptions about mental health. At the end of the course you will be able to identify the positive impact being active has on physical and mental health, appreciate the barriers that can stop people getting active, talk more confidently about mental health, know where to signpost people to if they need support and identify practical actions to make your service more accessible for everyone.

No prior knowledge of mental health is necessary
Can be delivered in-house at the location of your choice. Up to 20 delegates can attend.

CIMSPA - registered delegates can claim 3 CPD

Rushden Mind are the only licensed providers of the MHASPA training, in Northamptonshire

Phoenix House
Skinners Hill
Rushden
NN10 9YE

You can refer directly to us. Call 01933 312800
office@rushdenmind.org.uk
www.rushdenmind.org.uk

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