



Join our Mental Health Awareness training webinar

Wednesday 5 February 2025
12 - 1pm

[Register now](#)



Back by popular demand, we're happy to invite you, your clients and your colleagues to register for one of our highly-rated mental health webinars. Get ahead of the conversation ready for **Time to Talk Day** on Thursday 6 February.

Please note, this is a re-run of the session from last year.



Join us on **Wednesday 5 February 2025, 12-1pm** for our webinar presented by our mental health expert, Paul Murray.

The session will give an overview of common mental health conditions and helpful information to provide you with more knowledge and confidence to talk about mental health.

[Register now](#)

Missed our Burnout webinar?

If you missed our [Burnout webinar](#) a couple of months ago, or our other mental



health sessions, you can register on our hub to view our listen again links.



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