



Life Changing Evidence-Based Training

Does your organisation struggle with communication?

Would you like to improve the wellbeing of your employees?

We spend most of our waking lives at work. Why not give your employees the training they need to have better relationships and to support each other during difficult times?

MHIST offers some great training so please get in touch to find out how we can provide your staff with high quality training.



Mental Health First Aid:

- Standard - Adults helping adults
- Youth - Adults helping youth
- Refresher courses for both Standard and Youth



Suicide & Intervention Training:

- ASIST - Applied Suicide Intervention Skills Training
- Mental Health First Aid for the Suicidal Person



Communication Training:

- Non-Judgemental Communication Skills
- Crisis Intervention Training

Get in touch today to learn more about how MHIST can partner with your organisation to provide lasting benefits for employees.