



FREE
Mental Health
Workshops

Access FREE mental health workshops for your organisation delivered by The Cellar Trust in partnership with Bradford District and Craven Talking Therapies



**Improving
Sleep**



**Managing
Low Mood**



**Stress
Buster**



**Suicide
Awareness**

The workshops provide practical information and techniques to adopt for better wellbeing, as well as information about local and national resources and further support. Delivered in a short and digestible format in-person or online.

Interested?

Email training@thecellartrust.org or telephone 01274 586 474