

time to change



let's end mental health discrimination

Mental Health Awareness in Rugby League An introductory course for coaches

What?

- Free training sessions (2 hours long)
- Delivered in partnership with the RFL, State of Mind and Time to Change - a project by leading mental health charities Mind and Rethink

When? - Weeks beginning 10th October and 17th October from 6.30 - 8.30pm

Who can attend?

- Coaches and volunteers at any level from grass roots to elite
- No previous knowledge of mental health is needed

Where? - At Widnes, Wigan, St Helens, Warrington, Leeds and Hull rugby clubs

All trainees will receive a certificate of attendance and it will count towards your coaching CPD

**To book your place or for more information, please contact Lizzie Green,
Training Administrator on 07795 373 957 or education@time-to-change.org.uk**