

Mental Health Training June 2023

In any given year, 1 in 4 people will suffer from poor mental health.

A group of 13 volunteers and staff from the Bodmin Team Ministry met for a day's training to learn more about the causes and symptoms of this.

Revd Richard Wakerell, training manager for Mind Devon, led the training. He has a distinguished background in training and presented a very accessible and comprehensive account of the territory.

Those who had expressed fears or doubts about mental health conditions confirmed at the end that they felt a lot more confident about the issues. Each of them is actively working with vulnerable people through the team's various projects. We hope that our training will help strengthen our sensitivity and support of people's wellbeing.

We also recognise that our own working practices need to take stress seriously. The carers need to care for themselves in order to be effective for service to others.