

14<sup>th</sup> November 2024

We recently had the opportunity to have “North Staffs Mind” to host an 'It's Good to Talk' mental health team-building course, and it was truly a game-changer for our team. The course helped break down the barriers around discussing mental health in the workplace, creating a safe and open environment for honest conversations.

The exercises and group discussions were incredibly impactful, allowing us to better understand not just the challenges that some of our colleagues may face, but also how to support one another in a compassionate and effective way. It fostered a sense of community and helped us develop stronger bonds, knowing that we are all equipped to recognize and address mental health concerns with sensitivity and respect.

The facilitators were exceptional, encouraging open dialogue and making everyone feel comfortable sharing their thoughts and experiences. By the end of the session, we were not only more aware of mental health issues but also more united as a team, with improved communication skills and a better understanding of how we can support each other moving forward.

'It's Good to Talk' was more than just a course – it's a crucial step towards building a supportive and inclusive workplace culture. I highly recommend it for any team looking to improve mental health awareness and communication."

Sue Williamson-Broad

Dove Technology Ltd - Mental Health First Aider

