



Mental Health Support Champion

This is to certify that

Karen Harding

completed an e-learning course in the above subject.

- The key areas covered:**
- Recognise the symptoms of Mental Ill Health
 - Provide initial help and support
 - Guide the person towards professional help
 - Be mindful of own wellbeing

Date: 10/06/2020

Signed:

Jon Collins
Executive Chairman of CPL Online