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## Mental health training programme earns national recognition for two Cambridgeshire organisations

**Written by** ADAM LUKE

A training project to raise awareness of mental health issues at work has earned national recognition for Mind in Cambridgeshire and the Medical Research Council (MRC).

Both organisations have been shortlisted for awards from Mental Health First Aid (MHFA) England after MRC staff in Cambridge and across the country embarked upon the programme, while Mind in Cambridgeshire MHFA instructor Aly Anderson is up for an individual 'instructor champion' prize.

The annual awards, held at the House of Lords tomorrow, recognise the efforts of projects and individuals to raise mental health literacy.

The two-day MHFA course equips participants with practical skills they can use to support those affected.

As part of its wellbeing scheme, the MRC has trained mental health first aiders at all its sites across the country, and has recruited a group of 'wellbeing champions' as well as developing wellbeing-related web resources for staff to access.



Mind in Cambridgeshire's Aly Anderson (second right) celebrates with The MRCs Head of Equalities Mel Nunn and two the MRCs trained Mental Health First Aiders Amie Blake (first left) and Alison Turnock.

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Mel Nunn, the MRC's head of equalities, said: "As a leading employer in the field of medical research to improve human health, we want to utilise our existing expertise and that in organisations such as Mind in Cambridgeshire to lead the way in terms of human health and wellbeing for all our employees."

"Raising our staff's awareness of mental health issues and promoting positive wellbeing are key parts of our staff wellbeing programme and we are fortunate to have access to such outstanding training and support from Aly and her colleagues."

Aly, from Mind in Cambridgeshire, added: "Our training project with the MRC has been a great success and we are delighted that this work has been recognised in this way."

"It is fantastic to see an organisation like MRC taking the issue of mental wellbeing so seriously and showing a real commitment to supporting its staff and tackling the stigma that so often prevents people from seeking the help they need at an early stage."

"I feel really proud, both for myself personally and for Mind in Cambridgeshire, to have played a part in that."

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