

## ESSEX ASSOCIATION OF LOCAL COUNCILS



Mental Health First Aid Training is available for all Councillors, Clerk and residents. This training will help you to understand how to support yourself, your staff and colleagues and your residents. Book online directly

[Free Mental Health First Aid Training](#)

J9 Domestic Abuse training is available to all Councillors , Clerks and residents. This training is vital to help your staff and residents know how to signpost and give safe haven to those in need.

[J9community@outlook.com](mailto:J9community@outlook.com)



Living with dementia is something that many of your residents and their families do everyday. This training can help you to understand how you can support them. [Becoming a Dementia Friend](#)