

# think twice



## What does the Bible have to say about Mental Health?

[www.thinktwiceinfo.org/thinktwice-course](http://www.thinktwiceinfo.org/thinktwice-course)

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A training day in Truro for churches in the city and surrounding area to help better resource ourselves to understand and care for people with mental health challenges. Suitable for individuals with an interest in mental health issues and those involved in prayer ministry or pastoral care. The course covers the fundamentals of mental health, depression, anxiety, psychosis and eating disorders, with space for understanding the experience of these illnesses as well as advice on how to help sufferers and their families.

**Saturday 21<sup>st</sup> October, 10.00am – 4.00pm**  
**Truro Baptist Church, Chapel Hill, Truro, TR1 3BD**

Tea/coffee will be provided, bring your own lunch.

Donations on the day to cover costs.

To book places, please e-mail: [mail@trurobaptist.co.uk](mailto:mail@trurobaptist.co.uk)