

# Take part in our training courses



**The EIC offers an exciting range of training courses.**


Our training courses are available via our online learning platform or in-person and are designed to equip learners with essential skills for navigating mental health challenges.

The training courses available, but not limited to, include: Free mental health training for apprentices, mental health first aider training and suicide first aid training.

Sign up as an individual via the QR code below, or if you're a business interested in a training package, email: [training@eictradingco.org](mailto:training@eictradingco.org)

[www.electricalcharity.org](http://www.electricalcharity.org)



 for more information