**Executive Profile – Julie Castleman**

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Trained in:

* MHFA
* Adult 2-day face to face and online
* Adult 1-day Adult half-day face to face and online
* HE 1-day
* Youth 2-day face to face and online
* Mental Health Skills for Managers
* Suicide First Aid Instructor
* Counselling and Supervision

Julie has over 15 years’ experience of working in the Counselling and Mental Health sector. As a qualified integrative (psychodynamic & person centred) counsellor with BACP (British Association for Counselling and Psychotherapy) Accreditation, Julie has worked in Private Practice, Colleges and Universities, providing individual, group and online counselling covering a diverse range of issues. As Team Lead for a University Counselling and Mental Health Service Julie provided supervision for operational and clinical workloads.

Julie has experience of developing and delivering bespoke Mental Health Awareness training in educational settings. She is an MHFA Associate and National Trainer, delivering many of the MHFA courses including the HE 1- day, a course that she helped to develop. Julie is also a Suicide First Aid Instructor and Associate, delivering the UK’s National Qualification in Suicide Prevention.

Julie is passionate about raising awareness of mental health and providing training in the wider community, work and educational settings. Her desire is to help build individuals confidence in recognising the signs of poor mental health, reducing stigma and enabling the support of others whilst enhancing people's own self-care and resilience.

**Clients delivered to:**

* Schools, Colleges and Universities
* Local Authority
* Healthcare
* Government
* Emergency Services
* Corporate Organisations

**Delegate Comments:**“Julie is very knowledgeable, approachable and made the course very enjoyable”

“Julie gave me the confidence to take bold action on mental health within the organisation”

“Good at creating a calm and secure environment for discussing a difficult subject matter”

 “A lot covered in the 2 days but delivered really well and very sensitively”

“An excellent, informative and extremely well-delivered course. Thank you!”

“Professional / supportive / great people skills”