



MHFA England

# Adult MHFA

## Mental Health First Aid starts with you

### 4 half days Mental Health First Aid Course in Reading

You will have to attend both days to complete the course

Day	Date	Time
Wed	12 <sup>th</sup> Dec 2018	9.30am – 1.30pm
Thu	13 <sup>th</sup> Dec 2018	9.30am – 1.30pm
Mon	17 <sup>th</sup> Dec 2018	9.30am – 1.30pm
Tue	18 <sup>th</sup> Dec 2018	9.30am – 1.30pm

For more information and to enrol please call **Shaheen Kausar**

☎0118 959 5455 or email ✉[rclshaheen@gmail.com](mailto:rclshaheen@gmail.com)

- **What is a mental health problem?**

Mental health problems cover a wide range of issues - including stress, anxiety, depression and substance abuse - that affect someone's ability to get on with their daily life. The most common mental disorder in Britain is mixed anxiety and depression, with almost 9% of people meeting the criteria for diagnosis\*.

\*Office for National Statistics Psychiatric Morbidity report (2001)

- **Who is this course for?**

Members of the Public, Carers, Community Workers, Commercial, Voluntary & Public Sector Workers. It is **NOT** for Trained Mental Health Professionals

- **What will I learn?**

- Spot the early signs of a mental health problems
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support

**MHFA training** is a nationally recognised 12 hour course [www.mhfaengland.org.uk](http://www.mhfaengland.org.uk)

Some of the Areas Covered: Depression, Anxiety Disorders, Alcohol & Substance Misuse, Panic Attacks, and Eating Disorders.

\*\* *The recommended minimum price for the course is £300 per place. We have subsidized it to £130 per place.*



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