



MHFA England

Adult MHFA

Mental Health First Aid starts with you

NEXT COURSE DATES:

You will have to attend all sessions to complete the course

Day	Date	Time
Tue & Wed	23 rd , 24 th , 30 th & 31 st July 19	9.30am – 1.30pm
Tue & Wed	22 nd & 23 rd Oct 19	9.30am – 5pm

For more information and to enrol please call **Shaheen Kausar**
☎0118 959 5455 or email ✉rclshaheen@gmail.com

- **What is a mental health First Aid?**

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. MHFA won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis

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.

- **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

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



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