



## Mental Health First Aid (Adult MHFA UK)

Do you want the confidence to support others with changes in their mental health and to do this until the person can be signposted to professional health? This two day course is designed to do just that.

Course Code: UXPKFE09

Dates: Mon 13 July 2020

Days: 2

Time: 09:00 - 17:00

Fee: £80 \*

### Overview

This Mental Health First Aid England course is research and evidence based and is ideal if you have an interest in supporting others who may have mental health changes. It is designed like conventional first aid to support the person until professional help can be present. You will look at many aspects of mental health from the stigma that is still present to conditions such as depression and anxiety. You will need to take notes and participate in class discussions.

Whether you are coming to widen your own knowledge, as part of your job or on behalf of a charity, this course will raise your confidence, enhance your CV and the support you can offer friends, family and colleagues.

# Equipment Info

Please bring:-

- Packed lunch and snacks on both days

\* Fee remission available on this course