

# ‘First Aid for Mental Health’

This was a two-day course run by Iola Davis in the church hall for people in the East Bristol Partnership and covered a serious subject in a fun and straightforward way. It provided general knowledge of what mental illness actually is and how you could be an important stepping stone in someone’s life, guiding them to find the correct help.

Having a crisis which reduces our ability to cope with everyday things could happen to any of us, and although ‘mentally ill’ sounds bad, it may be slight or serious, and can usually be fully remedied.

If an upset person confides in you, their first need is your calm reassurance and acceptance.

Find out how to recognise anxiety and depression before it becomes a big problem. Find out whether you have the answer to the question: “What is Mental Health? . . .”

There is a good chance that one day you will meet someone who may benefit from your ability to understand, so *look out for the next course* and please come and take part!

The course includes Notes, a comprehensive Reference Book (to keep), a Certificate upon completion, and Advice on how to keep yourself well. This course will not make you a psychologist, any more than St John Ambulance will make you a doctor - but First Aid is something we can all learn and give.

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“The course was wider than I expected and gave some interesting and sobering statistics on the prevalence and causes of the inability to cope - known as mental illnesses - from depression to psychosis and even suicide . . . but I was surprised to find myself laughing out loud with others over our reactions during the role plays on such a serious issues! It made me think of all the people I’d known who’d had difficulties and now I have confidence that I could make more of a difference in the future. I highly recommend this course.”

**Martin Emmerson**