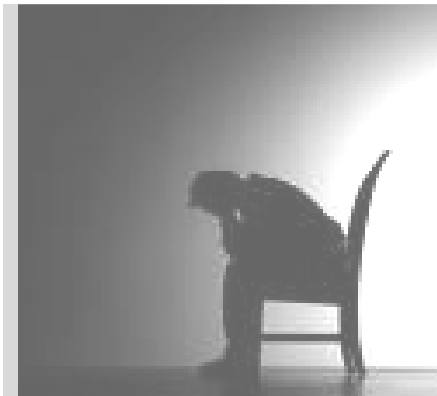


Mental Health First Aid

A national course:

see website www.mhfaengland.org.uk

Being held at St John's Church Hall, Lodge Causeway, Fishponds.



**On Saturday
30th January
9.15–4.30 p.m
And Saturday
6th February
9.15–4.30 p.m**

Main aims of course:

1. To increase understanding of mental health; mental health awareness, anxiety, depression, panic attacks, psychosis, recovery, etc
2. To share strategies which may be used in emergency situations, with family/friends and for self help.

Training led by Iola

Davies - National trainer in MHFA and EBP member.

Both days need to be completed to receive your national certificate. A manual is provided.

Cost £15 (massively reduced price).

Please bring your course fee to the first day.

Please bring your own lunch. Refreshments will be provided.

To book a place please **contact** Mark Gartside at info@eastbristol.org or at the partnership office **0117 958 6412**.

Please do not sign up unless you are can commit yourself to both days. Places are limited and you might be taking the place of someone else if you can't come both days. Thank you.