

Mental Health First Aid

A national course; see website www.mhfaengland.org.uk

Being held at St Johns, Lodge Causeway, Fishponds

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 being led by Iola Davies. National trainer in MHFA and EBP member.

On Saturday 19th September 9.15-4.30 p.m
And Saturday 26th September 9.15-4.30 p.m

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

Cost £10 (massively reduced price)

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.

Places are limited and will go to the first who apply.