



MENTAL HEALTH FIRST AID (MHFA) COURSE

The Mental Health First Aid (MHFA) course teaches how to recognise the signs and symptoms of common mental health issues, provide help, support and signpost for further information.

What will I learn on an MHFA course?

- Spot the early signs of a mental health problem
- Feel confident helping
- Provide help
- Prevent someone harming themselves or others
- Help prevent the mental health problem from getting worse
- Help someone recover quicker
- Guide someone towards support
- Reduce the stigma of mental health problems

This Free 16 hour course will be held over four sessions.

When: 9am-1pm on 29th November, 6th, 13th and 20th December 2016.

Where: Conference room 3, Al Hikmah Centre, Track Rd, Batley, WF17 7AA

The course is delivered by two qualified MHFA Instructors. Everyone receives a certificate after attending all four sessions.

Light refreshments will be provided

To book a place and for further information please contact Yasmin Arshad on 01924 512276 or email yasmin.arshad@swyt.nhs.uk