

Learning and Development **Courses**



Adults, Wellbeing and Health

MENTAL HEALTH FIRST AID

About the course:

Mental Health First Aid (MHFA) is a 12 hour course, spread over **2 full days**. It gives a basic knowledge of the most common mental health problems such as anxiety and depression, as well as crisis first aid for suicide, panic attacks and psychotic episodes.

What is Mental Health First Aid and what does it mean to be a Mental Health First Aider?

MHFA is about providing *initial support* for someone with a mental health problem. The course teaches the basics about different mental health problems and how to help someone who is experiencing mental health difficulties. You will feel more confident in supporting clients, employees, colleagues, friends and family.

Course Dates 2010

20th/21st April - Four Clocks Community Centre
Bishop Auckland

26th/27th April – Consett Civic Centre

13th/14th May – Durham Rural Community
Council, Lanchester

18th/19th May - Consett Civic Centre

24th/25th May – Chester-le-St. Civic Centre

27th/28th May – Durham Rural Community
Council, Lanchester (tbc)

17th/18th June – Consett Civic Centre

21st/22nd June – Chester le St. Civic Centre

24th/25th June – Durham Rural Community
Council, Lanchester

5th/6th July – Consett Civic Centre

12th/13th July – Chester-le-St. Civic Centre

15th/16th July – Coulson St., Spennymoor

19th/20th July – Consett Civic Centre

Who is the course relevant for?

Anyone can attend the training – the benefits to individuals AND organisations are well researched and evaluated. The course has been delivered to organisations in the public and private sector worldwide. It is especially relevant to those who come into contact with staff or members of the public who may be distressed and in need of support and those who have little or no knowledge about the issues and how to help.

Benefits of the course:

- Clear and accurate information about mental illness
- Improved skills in recognising mental health problems
- Confidence in your ability to provide initial information & support to someone with a mental illness
- Increased understanding of your own mental health
- Improved service delivery
- Reduce staff absence
- Reduce workplace stress and improve well being

To Book:

Please contact Anne Surtees at
Decha on 0191 383 3274
Please be aware that the course is
held over 2 days and **NO** lunch will
be provided.