

# Level 2 First Aid for Mental Health

Mental Health First Aid won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and potentially stop a crisis from happening.

## Learning outcomes:

- Recognise the warning signs of mental ill-health
- Develop the skills and confidence to approach and support someone
- Gain skills and knowledge to empower people to access the support they need for recovery
- Create a more mentally supportive workplace
- Gain an understanding of how to support positive wellbeing
- Stress – signs and symptoms, factors which increase the risk of stress
- Starting the conversation about mental health and providing safe advice
- Ways to improve mental health and wellbeing, and signposting to professional services
- Potential impact of drug and alcohol misuse on mental health



This course is FREE  
for Hampshire  
Residents  
(additional criteria apply)

One day course on  
30th May 2024  
09:00-17:00

Room 4  
Heart of the Park (Leigh Park CC)  
Havant  
Havant  
PO9 5BG

Sign up via the QR code or our website - Ref 1259:  
[www.cfirst.org.uk/training/](http://www.cfirst.org.uk/training/)

Also visit our website to find out about more free course  
such as Paediatric or Emergency First Aid course



### More information:

✉ [bookings@cfirst.org.uk](mailto:bookings@cfirst.org.uk)

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