A Community First Training Course

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)

Only a small fee of £20 for Certificate and Workbook

One day course on
10th July 2024
09:00-17:00

Heart of the Park
(Leigh Park Community Centre)
Dunsbury Way, Havant
PO9 5BG

Sign up via the QR code or our website: Ref 1374
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
01730 777059

Hampshire Learns Skills & Participation

Community First training