



# Become a Mental Health First Aider

with...



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Early Years Consultant

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

**19th & 20th March , 2019 – Clarendon Road Primary School – £300 per person**

Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

You'll learn to recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone while keeping yourself safe. You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through their GP, their school or place of work, online self-referral, support groups, and more. What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

Our Adult MHFA Two Day course qualifies you as a Mental Health First Aider.

Mental Health First Aiders have:

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

Learning takes place across four manageable sessions. Through a mix of group activities, presentations and discussions, each session is built around a Mental Health First Aid action plan. You will get an MHFA manual to keep and refer to whenever you need it. When you complete the two days you'll get a certificate to say you are a Mental Health First Aider.

Places on this course are limited to 16 people so the instructor can keep people safe and supported while they learn.

**Please book early to avoid disappointment.**

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