

## FREE MENTAL HEALTH FIRST AID COURSE

1 in 4 people experience poor mental health at some stage in their lives.

The two-day Mental Health First Aid (MHFA) course teaches techniques to provide help to someone experiencing a mental health problem before professional help is obtained.

Bath Mind's qualified and highly experienced trainer is providing free MHFA training to interested individuals, or members of community and voluntary organisations. A free lunch is also included.

The course will help participants to support family members, friends, neighbours, colleagues and clients who are experiencing mental distress.

MHFA was originally developed and piloted in Australia and has been implemented recently by the NHS in Scotland. It is now being promoted in England by the Care Services Improvement Partnership (CSIP), the National Institute for Mental Health in England (NIMHE), Mind and the NHS.

The aims of the course are:

- To be accessible and relevant to a wide range of participants from across the community
- To reduce stigma by increasing understanding and awareness of mental and emotional issues
- To provide a framework for responding to someone in mental or emotional distress
- To promote good mental health

MHFA does not teach people to be therapists. However, it does teach people how to recognise the symptoms of mental health problems, how to provide initial help and comfort and how to guide a person towards appropriate professional help.

The training also provides participants with insight in to their own mental health and effective ways of maintaining their well-being.

To reserve a place, please complete and return the booking form as soon as possible.

For more information, contact Bath Mind: 01225 316199 or [admin@bathmind.org.uk](mailto:admin@bathmind.org.uk)

## MENTAL HEALTH FIRST AID TRAINING DATES & VENUES 2010-2011

### **Monday 10<sup>th</sup> & Tuesday 11<sup>th</sup> May 2010:**

Bath Mind Training Room, 13 Abbey Church Yard, Bath, BA1 1LY (no level access)

### **Thursday 17<sup>th</sup> & Friday 18<sup>th</sup> June 2010:**

Beacon Hall, French Close, Peasedown St John, Bath, BA2 8SN – level disabled access

### **Thursday 29<sup>th</sup> & Friday 30<sup>th</sup> July 2010:**

Beacon Hall, French Close, Peasedown St John, Bath, BA2 8SN – level disabled access

### **Monday 18<sup>th</sup> & Tuesday 19<sup>th</sup> October 2010:**

Bath Mind Training Room, 13 Abbey Church Yard, Bath, BA1 1LY (no level access)

### **Monday 29<sup>th</sup> & Tuesday 30<sup>th</sup> November 2010:**

Bath Mind Training Room, 13 Abbey Church Yard, Bath, BA1 1LY (no level access)

### **Monday 14<sup>th</sup> & Tuesday 15<sup>th</sup> February 2011:**

Bath Mind Training Room, 13 Abbey Church Yard, Bath, BA1 1LY (no level access)

### **Monday 14<sup>th</sup> & Tuesday 15<sup>th</sup> March 2011:**

Bath Mind Training Room, 13 Abbey Church Yard, Bath, BA1 1LY (no level access)

**All training days begin at 9.30am and end at 3.30pm**

## MENTAL HEALTH FIRST AID TRAINING BOOKING FORM

APPLICANT DETAILS					
<b>Title</b>		<b>First name</b>		<b>Last Name</b>	
<b>Address</b>				<b>Telephone</b>	
<b>Postcode</b>			<b>e-mail</b>		
<b>Course dates:</b>					
<b>Course venue:</b>					
<b>Do you have any special dietary requirements?</b>					
<b>Do you require large print course materials?</b>			<i>YES / NO</i>		
(Delete as applicable)					
<b>I would like to attend the course as -            an individual / a member of a voluntary or community organisation</b>					

VOLUNTARY / COMMUNITY ORGANISATION DETAILS (if applicable)	
<b>Organisation name</b>	
<b>Address</b>	

<b>Postcode</b>	
<b>Telephone</b>	

**Please return this completed form by post to –**

**MHFA Course  
Bath Mind  
13 Abbey Church Yard  
Bath  
BA1 1LY**

**or by e-mail to**

**[admin@bathmind.org.uk](mailto:admin@bathmind.org.uk)**

**If you need to cancel your pre-booked place on a course, please inform Bath Mind as soon as possible so that your place can be offered to someone else.**