

## 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 trainers are providing free MHFA training to interested individuals, or members of community and voluntary organisations who live or work in Bath & North East Somerset. A free lunch is also included. **A fee of £150 is charged to individuals outside of Bath & North East Somerset.**

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)



For better  
mental health



## **MENTAL HEALTH FIRST AID TRAINING DATES & VENUES 2011-2012**

### **Monday 11<sup>th</sup> & Tuesday 12<sup>th</sup> April 2011: FULLY BOOKED**

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

### **Monday 16<sup>th</sup> & Tuesday 17<sup>th</sup> May 2011: FULLY BOOKED**

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

### **Thursday 9<sup>th</sup> & Friday 10<sup>th</sup> June 2011: FULLY BOOKED**

Somer Centre, Gullock Tynning, Midsomer Norton, BA3 2UH – level disabled access

### **Thursday 13<sup>th</sup> & Friday 14<sup>th</sup> October 2011: FULLY BOOKED**

Somer Centre, Gullock Tynning, Midsomer Norton, BA3 2UH – level disabled access

### **Monday 14<sup>th</sup> & Tuesday 15<sup>th</sup> November 2011: FULLY BOOKED**

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

### **Monday 13<sup>th</sup> & Tuesday 14<sup>th</sup> February 2012:**

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

### **Monday 12<sup>th</sup> & Tuesday 13<sup>th</sup> March 2012:**

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

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

## MENTAL HEALTH FIRST AID TRAINING BOOKING FORM

APPLICANT DETAILS					
Title		First name		Last Name	
Address				Telephone	
Postcode				e-mail	
Course dates:					
Course venue:					
Do you have any special dietary requirements?					
Do you require large print course materials?			YES / NO		
(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)	
Organisation name	
Address	

<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 are outside of Bath & North East Somerset please enclose a cheque for £150 made out to 'Bath Mind'**

**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.**