

#  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 MHFA training to interested individuals, members of voluntary organisations, private and statutory organisations.

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 with payment as soon as possible.

For more information, contact Hannah Roper at Bath Mind: 01225 617 981 or hannahroper@bathmind.org.uk

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**MENTAL HEALTH FIRST AID**

**TRAINING DATES & VENUES 2018**

# June 31st and July 1st 2020, Southdown Methodist Church, Bath

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

**In Bath there are some shops close by or bring a packed lunch.**

**Fee structure**

**Cost - £220**

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| **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. Fees are not refundable if you cancel within 8 weeks of the course date. Every effort will be made to offer an alternative date. A minimum of 12 delegates is required for each course to go ahead. A refund will be given if your course is cancelled due to low numbers.** |

**MENTAL HEALTH FIRST AID TRAINING**

**BOOKING FORM**

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| **APPLICANT DETAILS** |
| **Title** |  | **First name** |  | **Last Name** |  |
| **Address** |  | **Telephone:****Work****Personal** |  |
| **Postcode** |  | **Work** **e-mail** |  |
| **Personal email** |  |  |  |
| **Course dates:** |
| **Course venue:** |
| **Do you require large print, Braille or spoken word course materials?** | *YES / NO**Please state which format* |
| **Do you require Disabled access?** | *Yes/No* |

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| **BUSINESS/ORGANISATION/CHARITY DETAILS** (if applicable) |
| **Organisation name** |  |
| **Your job title** |  |
| **Address** |  |
| **Postcode** |  |
| **Charity number** (if applicable) |  |
| **Emergency contact details:**  |  |

**Payment:**

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| **If you are going to make a bank transfer please tick the box:** **Please make the bank transfer of £220 to:**Account name Bath MindNatWest Bath, Old Bank Branch, 15 High Street, Bath, BA1 5AHAccount number 24340685Sort Code 560034 **Or please enclose a cheque for £220 made payable to ‘Bath Mind’ to cover the cost of the course, manual and certificate issued by MHFA England.****Please return this completed form and your cheque by post to –****MHFA Course****Bath Mind****10 Westgate Street****Bath** **BA1 1EQ****or by e-mail to** **hannahroper@bathmind.org.uk****If you wish your organisation/charity to be invoiced please tick the box, state who the invoice is to be sent to and provide a purchase order number if required:** **Please note: Payment must be paid upon receiving your booking form to confirm your place.****How did you hear about this course?****In order to comply with the** [**General Data Protection Regulation**](https://ico.org.uk/for-organisations/guide-to-the-general-data-protection-regulation-gdpr/) **(GDPR) please tick this box if you would like to receive future information on Bath Mind events and training.** Bath Mind will hold your details in a confidential file. Your personal data will not be shared with any third parties. You may withdraw your consent to us holding this information at any time by contacting hannahroper@bathmind.org.uk  |