

IMAGINE
INDEPENDENCE

valuing people
challenging stigma
transforming lives

**Imagine Independence:
Accredited Mental Health First
Aid: Youth & Adult Courses
winter/spring 2020**

2 day Adult MHFA: £125pp

2nd & 3rd March

27th & 28th April

1 Day MH Workplace Champions: £75pp

28th February

24th March

2 day Youth MHFA: £125pp

3rd & 10th February

12th & 13th March

2nd & 3rd April

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. In the same way as learning physical first aid, MHFA teaches people how to recognise those crucial warning signs of mental ill health and feel confident to guide someone to appropriate support. Embedding MHFA training within any organisation or community also encourages people to talk more freely about mental health, reducing stigma and creating a more positive culture.

All our accredited MHFA England courses cover these areas in detail, giving you the confidence to support anyone who is having problems with mental ill health. It is especially useful to anyone supporting vulnerable people, or those responsible for wellbeing and welfare in the workplace or youth settings.

“Excellent, Thank you. The best CPD course I’ve been on”

“Brilliant course, everyone should attend this type of course”

“Excellent facilities, well taught, made very welcome, very knowledgeable and responsive to questions”

“Great to be so informative and interactive. Practical application of knowledge to our case studies. Really interesting and built confidence of how to apply ALGEE [action plan]”

BOOKINGS: Antony Dowell: 07816131027; 01517092366; adowell@imagineindependence.org.uk

Imagine Independence is a charity working in the community to provide support to people with poor mental health and illness: we have over 40 years of experience and support businesses/organisations to make mental wellbeing a priority in the workplace. Imagine would be happy to discuss delivering a bespoke course around Mental Health First Aid, Mental Health Champions in the Workplace, Mental Health Awareness and Emotional Resilience sessions for your business or organisation. We can also discuss ongoing support for your business in these areas.



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Imagine Independence is a registered charity in England no. 1010203 and a registered company in England and Wales no. 2699682