

**IMAGINE  
INDEPENDENCE**

valuing people  
challenging stigma  
transforming lives

## Adult two day Mental Health First Aid courses



**£125 per person**

To book, please use the link below for the date you require or copy the link into your browser.

### **2<sup>nd</sup> & 3<sup>rd</sup> March 2020**

<https://mhfaengland.org/book-a-course/course-details/?id=f61f97d2-7330-ea11-8454-2818786f1416>

### **27<sup>th</sup> & 28<sup>th</sup> April**

<https://mhfaengland.org/book-a-course/course-details/?id=a5faf785-7430-ea11-8454-2818786f1416>

For enquiries please email Antony Dowell on [adowell@imagineindependence.org.uk](mailto:adowell@imagineindependence.org.uk)

Or call on 10517092366 / 07816131027

**Please enquire about group discounts**

Our Adult MHFA England two day course qualifies you as an accredited 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

**What to expect:**

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.

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

**Everyone who completes the course gets:**

- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health
- A certificate of attendance to say you are a Mental Health First Aider