



Mental Health First Aid

½ Day Course

Saturday 14th September 2019
9.00 am to 1.15 pm

Harlow Central Fire Station
Fourth Avenue, Harlow, Essex, CM20 1DU

Mental Health First Aid England is the only licenced training provider to deliver Mental Health First Aid training in England.

The global evidence is robust, and the training has proved that increasing mental health literacy helps to break down stigma and discrimination and increase a person's confidence to start the conversation.

This means that there are improved outcomes for recovery.

It also helps course participants to look after their own mental health.

The course will cover:

- +** Introduction to mental health and mental health issues
- +** Factors affecting mental health
- +** Stigma and its impact on recovery
- +** Understand the skills to begin a conversation about their mental health
- +** Looking after your own mental health

Participants will receive a manual, workbook and local contact information.

Book your place through the following link

<https://api.smoothbook.co/calendar/5be42d825449960d55508ddf>

This is a free course - there is no charge!