

# Mental Health First Aid Training

**About MHFA:** When working with people would you recognise if they might be experiencing mental health issues? Then this is the course for you! It is a basic course for people with little or no training or experience in mental health.

## What will I learn on an MHFA course?

A MHFA course will teach you to:

- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems

## Who can attend?

This course is open to members connected to Faiths Together in Lambeth and TOPAZ staff.

All attendees who complete the 2 day course will receive a Mental Health First Aid certificate.

## Dates & Venue

**Dates:** Wednesday 10<sup>th</sup> & Thursday 11<sup>th</sup> of June 2015

**Venue:** Streatham Friends Meeting House, Redlands Way, Roupell Park Estate, Brixton Hill, SW2 3LU

**Duration**  
2 Days

**Time**  
9:00am-5.00pm

**To book:**  
e-mail: [Laurence.rusalen@slam.nhs.uk](mailto:Laurence.rusalen@slam.nhs.uk)

**For more info:**  
e-mail: [esther@topaz.uk.net](mailto:esther@topaz.uk.net)

**Refreshments and Lunch are provided by Faiths Together in Lambeth.**

If you book a place and do not attend, without giving a reason, you will be charged £50

## **MHFA participant's comments**

'I have a much better understanding of how other people may be feeling.'

'Given me confidence and more empathy towards mental health issues.'

'In 13 years as a police officer I didn't learn as much as I did in the last 2 days.'