



Mental Health First Aid in the Community

15th & 22nd November,
The Tolly Centre, Worcester

What is Mental Health First Aid?

MHFA is the help given to someone experiencing a mental health problem before professional help is obtained. The aims are:

- to preserve life where a person may be a danger to themselves or others
- to provide help to prevent the mental health problems developing into a more serious state
- to promote the recovery of good mental health
- to provide comfort to a person experiencing a mental health problem

MHFA teaches people how to recognise the symptoms of mental health problems, how to provide initial help and how to guide a person towards appropriate professional help.

Why should I come?

MHFA will increase your ability to spot the signs and symptoms of common mental health problems, amongst family, friends and work colleagues and help you to understand how to appropriately respond and support someone suffering mental distress. Open to managers, people working in the community, volunteers, Professionals and carers.

What can I expect?

The course is split into 4 modules over two days:

- Module 1 – Why mental health first aid
- Module 2 – Suicide and depression
- Module 3 – What are anxiety disorders?
- Module 4 – What is Psychosis?

The handbook that accompanies the course has a list of further resources at the end of each section which includes websites, names of organisations and a booklist.

How much will it cost?

The cost of the course itself and materials is covered by Worcester Community Trust, however we do ask you to bring your own lunch, or you can purchase lunch from the Tolly Centre Lunch Club.

For more information or to book your place please contact Andrea Cooper 01684 312740 andreac@comfirst.org.uk Please return all completed booking forms as soon as possible as places are limited and allocated on first come first served basis.

