

In Hambleton, for people working in the Agricultural Sector

What is Mental Health First Aid?

- Accredited two day training package
- Explore the signs and symptoms of mental health conditions
- Provide help on a first aid basis
- Life saving intervention resources
- Signposting to community resources for further help

What does it cover?

- What is mental health?
- Five basic steps of MHFA
- Covers topics such as Depression, Suicide, Anxiety Disorders & Psychosis
- An Action Plan
- A Detailed Manual and Work book

When: Monday 1st and Monday 8th July
-must attend both dates

Where: Bedale Town Hall

Time: 9:30am-4:30pm

Cost: FREE

Book/More Information: Please call
0121 565 5605, or email
Dave.Pickard@kaleidoscopeplus.org.uk

