





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





The training is being provided by The Kaleidoscope Plus Group, a leading Health and Wellbeing Charity. This training is free as it is being funded by NYCC.

For more information on The Kaleidoscope Plus Group please check us out on Facebook and Twitter.