

Mental Health First Aid



Course Facilitator: Tanya Harris, Head of Services, Jami

Mental Health First Aid One Day Champions Course

This one day mental health awareness and skills course qualifies you as an MHFA Champion.

MHFA Champions have:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

9:30am – 4pm at NPLS
Thursday
17 January 2019

RSVP: Angela Peters,
Care Coordinator
angela@npls.org.uk
01923 855611

Places are strictly limited to 16 participants
Closing Date Friday, 7 December
Cost: £20 a head for the MHFA manual that accompanies the course