

Adult Mental Health First Aid Training Course

This course will take place on ZOOM over three mornings **from 9am to 1-30pm on 8th, 9th and 10th October.**

You must attend all three session to become certified.

This course looks at the causes and facts behind mental health disorders and increases awareness on how to spot early signs and provide support to people including crisis management for:

- **Depression**
- **Anxiety**
- **Suicide**
- **Psychosis**
- **Self Harm**

It also looks at recovery and wellbeing



Everyone attending will receive an electronic manual and workbook and 3 year access to the MHFA online APP for further support and information.

Anyone wanting to receive hard copies of the workbook and an action plan lanyard will need to pay the registration fee of £30

For more information or to book a place please email

James Walker at operations.nkmc@gmail.com