



Mental Health First Aider training

Petersfield URC
College Street, GU31 4AG
Mondays 7 & 14 October 2019

Time: 9.15am—5pm

Participants must attend both days to complete the course and gain a certificate.

Mental Health First Aiders have:

- An in-depth understanding of mental health and the factors that can affect wellbeing.
- Practical skills to spot the triggers and signs of mental health issues.
- Confidence to step in, reassure and support a person in distress.
- Enhanced interpersonal skills such as non-judgemental listening.
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix.

**For more information and to book your place please contact:
development@urcwessex.org.uk / 023 8067 4513**