



MHFA England

Mental Health First Aid

Developed by MHFA England, this two-day accredited course qualifies delegates as Mental Health First Aiders. Delegates will get a deeper understanding of what mental health is and what factors can affect wellbeing. The course teaches delegates practical skills to spot the signs of mental ill health and gives them the confidence to step in and support a person who needs assistance. On completion of the course, delegates will receive a Mental Health First Aider certificate.

This course is suitable for those who want to gain the necessary skills to have a non-judgmental conversation, recognise the signs and symptoms of common workplace mental health issues and effectively guide a person towards the right support.

Tuesday 21st and Wednesday 22nd January 2020

9:00am-5:00pm

St Clair Gardens, Livingstone Road, Coventry, CV6 5AR

£255* per person

(Lunch and refreshments will be provided)

For booking and enquiries please contact: Fatima Ali-Bhayat

02477 714555 or training@cwmind.org.uk

*Non attendance will not be refunded

Charity No. 1003688
Company No. 2631898
Company limited by guarantee

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