

Mental Health

First Aid

Adult 2 Day Course

Online Course 1, delivered over 4 mornings:

26th Jan, 27th Jan, 1st Feb, 2nd Feb

Online Course 2, delivered over 4 mornings:

2nd March, 3rd March, 8th March, 10th March

9.30am to 12 noon

In person training at Swan Bank

Methodist Church:

4th and 5th May, 9am to 5pm

Ruth Jefferies and Brec Seaton

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What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. For more information visit www.mhfaengland.org.

What does it cost?

Usually the course costs £300, however if you are connected to the Methodist Church it's been subsidised to £50 (non refundable) Please don't let the cost deter you. If you need help paying for the course please contact us for more information.

How to book your place

Online Course 1: Follow the link

<https://www.eventbrite.co.uk/e/mental-health-first-aid-tickets-216248794967>

Online Course 2: Follow the link

<https://www.eventbrite.co.uk/e/mental-health-first-aid-tickets-216327139297>

In Person at Swan Bank Methodist Church:

<https://www.eventbrite.co.uk/e/mental-health-first-aid-tickets-216356908337>

Bookings close 3 weeks before the start of each course. Please note that by booking you are committing to paying for a place, attending all sessions and completing pre-course learning.

