



Mental Health First Aid Training

Valued at £300 per person but FREE to you

NHS
Camden
Clinical Commissioning Group

 ISLINGTON

Did you know: 1 in 4 adults will experience a significant mental health problem in their lifetime?

In this two day course you will learn to recognise early signs of mental health problems and respond appropriately to assist people in your community, family or workplace.

You will gain practical skills to offer initial support to someone experiencing and mental health problem, while keeping yourself safe. You will also be provided with local service information so that you can feel confident assisting someone to get the right support.

PROMOTING MENTAL HEALTH AND WELL BEING

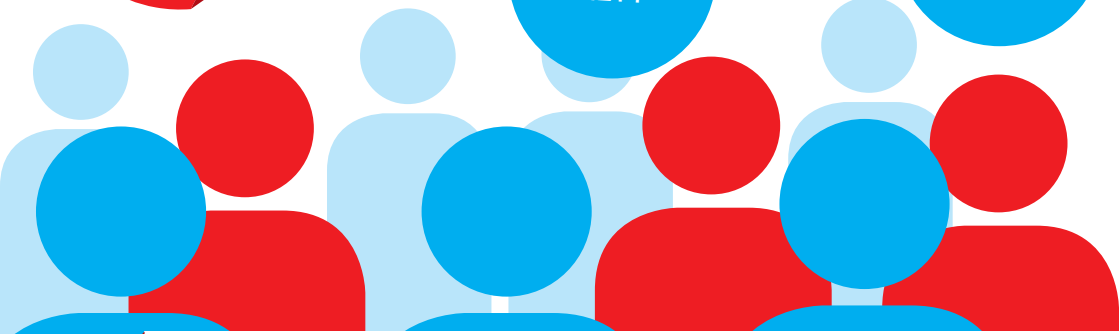
**FOR EVERYONE!
NO PRIOR EXPERIENCE OR QUALIFICATIONS NEEDED**

**SELF HARM,
EATING DISORDERS**

**DEPRESSION,
ANXIETY**

**PSYCHOSIS,
SUICIDE**

STIGMA AND DISCRIMINATION



FOR MORE INFORMATION ABOUT MENTAL HEALTH FIRST AID GO TO WWW.RETHINK.ORG/CAMDENISLINGTONTRAINING

Who is it for?

Rethink Mental Illness offers two types of Mental Health First Aid courses that are **FREE to anyone who either lives, works, studies or volunteers in Camden or Islington.**

Mental Health First Aid (Adult)

This course equips participants in the same way as a physical first aid course, teaching participants how to give initial support to someone experiencing a mental health problem until professional treatment can be accessed.

Youth Mental Health First Aid

This course delivers the same principals as the adult course, but is for anyone who supports 8-18 year olds. It will also cover other topics specific to young people that include child, adolescent and family psychosis, bullying/cyber bullying and promoting protective factors and good parenting.

Official Certificates and Manuals

Participants will receive an official internationally-recognised certificate and comprehensive manual upon successful completion of the course.

Questions?

If you have any further questions, or if you are interested in organising for us to come and deliver Mental Health First Aid or other mental health-related training in your workplace for a group of staff, please contact the Rethink Mental Illness Training Team at **training@rethink.org**. We also offer Mental Health First Aid and other types of training to workplaces nationally outside of Camden and Islington, so please get in touch if you would like to discuss this with us.

How do I book?

You can book online at
www.rethink.org/camdenislingtontraining

Courses run from 9am to 5.30pm
(unless otherwise stated).



MHFA England



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