

BECAUSE NOT ALL WOUNDS ARE VISIBLE



**Mental Health Adult
First Aid Course**

Mental health first aid will teach you how to:

- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Guide someone to appropriate support

Areas covered in the course:

What is mental health? / 5 steps of MHFA / Suicide in England / First aid for depression / What is anxiety? / Self harm / Eating disorders / Psychosis

Suitable for ages 18+



**Mental Health
First Aid 'Lite'**

A 3 hour introduction to Mental Health Awareness

You will:

- Gain a wider understanding of the issues surrounding mental health
- Be able to support people more effectively who are experiencing mental health problems
- Reduce stigma and discrimination
- Look after your own mental health

Suitable for ages 18+



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HELP TO END THE SILENCE

**COST OF MENTAL HEALTH TO THE UK ECONOMY
IS £70 BILLION PER YEAR**

At the end of the course you will be a certified mental health first aider and receive a certificate & manual.

Call Paul Townend on 0113 268 4211 or email
paul.townend@ljwb.co.uk to take part.

For further details and course dates
visit our website at www.ljwb.co.uk

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