

MENTAL HEALTH FIRST AID COURSE

Providing delegates with the knowledge and skills to support individuals experiencing mental health challenges.

It raises awareness of common mental health conditions, reduces stigma and teaches practical strategies for early intervention and support. Ideal for workplaces, this course empowers individuals to promote mental well-being and create a supportive, understanding environment for mental health.

Topics Covered:

- Recognising signs and symptoms of common mental health conditions
- Starting a conversation and support in crisis
- Effective communication skills, including active listening and non-judgemental support
- Seeking professional help, when and how to refer someone to appropriate services
- Reducing stigma in the work place

Date & Time:

14th April
9.30am - 3.30pm

“Clear, interactive and well-led”

To book on to this course email courses@cw-chambertraining.co.uk or call 024 7623 1122

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