

Accredited Mental Health First Aid

Summer workshop 2018



Tuesday 3 and Wednesday 4 July 2018
thestudio, Manchester M1 1FN



Accredited Mental Health First Aid

Summer workshop 2018



Tuesday 3 and Wednesday 4 July 2018
thestudio, Manchester M1 1FN

What will I learn?

Our quality assured MHFA trainers deliver training that has been designed to fit into four manageable chunks.

These are:

1. Mental Health First Aid, mental health, and depression
2. Depression (cont.) and suicidal crisis
3. Anxiety, personality disorders, eating disorders and self harm
4. Psychosis, schizophrenia and bipolar disorder.

In each section you'll learn how to:

- Spot the early signs of a mental health issue
- Feel confident helping someone experiencing a mental health issue
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental health issue from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health issues.

How will I learn?

The MHFA course takes place over two days.

The sessions will be a mix of presentations, discussions, and group work activities

Everyone who attends the course will receive a copy of the MHFA manual and workbook, which are both excellent support resources. When you have completed the course you will receive an accreditation certificate from Mental Health First Aid England to confirm that you are a trained Mental Health First Aider.

This training will be delivered by **Michael Fellowes** and **Judith Fellowes**, find out more on our website.

For full course details and trainer information visit www.hqnetwork.co.uk

For details of our terms and conditions please visit www.hqnetwork.co.uk

DELEGATE FEES

£500.00 for one delegate

£450.00 per delegate if you make two bookings at the same time

£400.00 per delegate if you make three or more bookings at the same time

Please note an additional fee of £25.00 + VAT per delegate for the accreditation certificate.

Prices include refreshments and lunch and are subject to VAT at the applicable rate.

BOOK NOW

www.hqnetwork.co.uk
+44 (0)845 4747 004

TIMINGS

Registration	9.30 am
Start	10.00 am
Finish	4.30 pm


WHO ARE WE?

Fast, practical guidance on everything to do with housing. HQN provides high-quality advice, tailored support and training to housing associations, councils, ALMOs and other housing providers. Find out more about us and our network membership by visiting www.hqnetwork.co.uk or call us on +44 (0)845 4747 004.

Rockingham House, St Maurice's Road, York, YO31 7JA
Tel: +44 (0)845 4747 004

Email: hqntraining@hqnetwork.co.uk

Visit: www.hqnetwork.co.uk

 /HQNLtd

 @hqn_ltd

HQN Limited Registered in England Reg No. 3087930

#HQNTRAINING