

**Two-Day**

**Accredited Courses in London**



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| Mental Health First Aid Adult | | | |
| 18 -19 March 2020 | | | |
| **Focus**  Adults, children and young people face huge pressures of navigating through the complexity of an ever-changing digital world, facing challenges in numerous aspects of their daily lives.  Family Action is committed to improving the emotional wellbeing and mental health of adults, children and young people. We provide family support services to help build stronger families  **Two-Day**  **Adult Mental Health First Aid**  A practical skills and awareness course  designed to give you:  − A deeper understanding of mental health and the factors that can affect people’s wellbeing, including your own;  − Practical skills to spot the triggers and signs of mental health issues;  − Confidence to step in, reassure and support a person in distress;  − Enhanced interpersonal skills such as non-judgemental listening;  − Knowledge to help someone recover their health by guiding them to appropriate support.  This Adult MHFA course is split into four manageable areas of learning which are:  • What is mental health?  • Suicide  • Anxiety self-harm and eating disorders  • Psychosis  Within each section there is clear focus on the issues faced by adults today and how, as a first aider, you can provide help to a person in a mental health crises or from developing mental health issues. | | **Target Group**  This internationally recognised course is relevant for professionals, carers and anyone who works, lives or cares for adults who may or are experiencing mental health difficulties.    **Trainer – Kanu Patel**  Kanu has over 30 years’ professional experience of working with children and families affected by mental health issues, including his own personal experiences through family and friends. He has delivered MHFA for the past 4 years, to a wide variety of participants and teams within public services and private organisations. He is passionate about promoting people’s knowledge and confidence in supporting adults’ and children’s wellbeing.  **Learning Outcomes**  By the end of the two-day course participants will be able to:   * Spot the early signs of a mental health issues; * Feel confident helping adults experiencing mental ill health; * Provide help on a first aid basis; * Help prevent a mental health issue from getting worse; * Help adults to recover faster; * Guide adults towards appropriate help; * Reduce the stigma of mental health; * Be mindful of their own wellbeing.  |  |  | | --- | --- | | **Venue**    **Family Action**  34 Wharf Road  London, N1 7GR  Tel: 0207 254 6251 | **Timing**    9.00am Start  5.00pm Finish    Manual, workbook, refreshments  & light lunch  are provided | | |

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| **Registration**  **Form** | Mental Health First Aid Adult Two-Day Accredited Course 18 -19 March 2020 | | |
| **Fee**    **£220.00** (+VAT £44.00) **=** **£264.00** [to include MHFA manual and workbook]     * Remittance enclosed – cheque (including VAT) payable to *‘Family Action’* * Please invoice * To pay by credit/debit card please follow this link to our Eventbrite page:-   [*https://mhfa-adult-london-18-19march2020.eventbrite.com*](https://mhfa-adult-london-18-19march2020.eventbrite.com)  In the event of cancellation, a cancellation fee is chargeable, as detailed below.   * If you **WOULD** like us to contact you by e-mail in the future, with more information about our courses, services and activities, please **TICK** this box. You can see our privacy policy by following this link:[*Privacy Policy*](https://www.family-action.org.uk/content/uploads/2018/07/Family-Action-Privacy-Notice-TC.docx) | | | |
| Name: | |  | Agency name & address: |
| Position/Role: | |  |  |
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| Requirements  (eg: dietary, disability access): | |  |  |
|  |
| Telephone: | |  | Post code: |
| E-mail: | |  | Billing e-mail *(if different):* |
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| **We will confirm your place and send joining**  **instructions via e-mail, so please write clearly** | |  | Your purchase order number: |
| **Substitutions and cancellations**  Completion of this booking form is a binding agreement. Substitutions are welcome at any time. Family Action reserves the right to levy a fee in the event of your cancellation. More than 6 weeks prior to the event 25% of the fee; between 2 and 6 weeks 50%; less than 2 weeks 100%. | | | |
| **Please e-mail/post completed form (indicating your method of payment) to:-**  **Joy Broadhurst, Family Action**  **55 Stevens Avenue**  **Bartley Green**  **Birmingham, B32 3SD**  E: [Joy.broadhurst@family-action.org.uk](mailto:Joy.broadhurst@family-action.org.uk) T: 07469 660 479  [www.family-action.org.uk/training](http://www.family-action.org.uk/training) [www.mhfaengland.org.uk](http://www.mhfaengland.org.uk)  Registered Charity no: 264713. Registered Company Limited in England and Wales: 01068186 | | | |