



MENTAL HEALTH FIRST AID

Mental health problems can affect people at any time of life in different ways. They affect not only individuals and their families, but friends, work colleagues and employers too. Many people suffer the symptoms of a mental illness for a long time before they seek help, and this may have a damaging effect on their everyday life, their families, their work and even their physical health. However, with appropriate professional help and the support of people around them, most people with mental health problems experience significant improvement or recovery. This is why it is important that mental health problems should be recognised as early as possible, and understood as widely as possible.

COURSES AVAILABLE FROM KAYS MEDICAL at

DRAX POWER STATION

DRAX, SELBY, YORKSHIRE.
YO8 8PH (JUNC 36 – M62 Goole)

Wednesday 24th June & Friday 26th June 2009

NB Course delivered over two **separate** days

RED LION HOTEL & CONFERENCE CENTRE

SHEFFIELD ROAD, TODWICK, NEAR SHEFFIELD SOUTH YORKSHIRE.
S26 1DG (JUNC 31 - M1 Sheffield/Worksop)

Wednesday 19th August & Thursday 20th August 2009

NB Course delivered on two **consecutive** days

The course consists of 4 x 3 hour modules delivered over two days. The locations have been chosen for your convenience and comfort. Reduced hotel accommodation has been negotiated for anyone choosing to stay overnight.

The course cost will include all materials needed and course handbook. Tuition by an accredited Instructor. Certificate of attendance from 'The National Institute for Mental Health in England'. Refreshments and lunch on both days.

COURSE COST £200

To register your interest in this course please contact:

Kieran Simm 0151 482 2857 - Email: Kieran.Simm@kaysmedical.com
Janet Lambley 07780 952 269 - Email: Janet.Lambley@kaysmedical.com

Or send the enclosed registration form to the address overleaf

Please note that the courses are restricted to a limited number persons and it is anticipated that places will soon be taken. Please complete the enclosed registration form to secure a place.



MENTAL HEALTH FIRST AID REGISTRATION FORM

What is Mental Health First Aid

MHFA is a name for the help given to someone experiencing a mental health problem before professional help is obtained. The programme which was developed originally in the Australian Health Service, has been adopted in many countries worldwide, and is now available in England.

The aims are:

- to preserve life where a person may be a danger to themselves or others;
- to provide help to prevent the mental health problem developing into a more serious state;
- to promote recovery to good mental health;
- to provide comfort to a person experiencing a mental health problem.

MHFA does not teach people to be therapists. However it does teach people how to recognise the symptoms of mental health problems, how to provide initial help, and how to guide someone towards appropriate professional help. The emphasise is very much that early intervention promotes recovery.

'The Royal Society for Public Health supports training and qualifications in Mental Health First Aid.'

Booking Contact Details

NAME:

POSITION:

COMPANY:

ADDRESS:

TELEPHONE:

EMAIL:

No. OF PLACES:
(Please photocopy or fill out another form for additional people)

WHICH VENUE: **DRAX POWER, SELBY** **RED LION HOTEL, S. YORKSHIRE**

Please return to Kieran Simm at:

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