



MHFA England



Supporting Minds Consultancy

MENTAL HEALTH FIRST AID - HALF DAY

The half day course is an introductory three-hour session to raise awareness of mental health.

It is designed to give:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health
- Confidence to interact with someone in distress or who may be experiencing a mental health issue

Visit www.supportingminds.org.uk for more information

To book your place, please contact Vicki Puttock:

Email: victoria.puttock@nhs.net

Telephone: 02392 899536

Mental Health First Aid
Half-Day

Increase your
Knowledge

Increase your
Confidence

Venue:

Portsmouth CCG HQ

Tuesday 31 October
1.00 – 4.00

Monday 6 November
11.30 – 2.30

Thursday 16 November
9.30 – 12.30

SUPPORTING MINDS
CONSULTANCY

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Supportingminds.org.uk

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