



For better
mental health

GREAT YARMOUTH & WAVENEY MIND

www.gywmind.org.uk



ENGLAND
Mental Health First Aid

Mental Health First Aid

Mental Health First Aid is a new national programme **suitable for all individuals and employees.**

The courses will be held at the **Sun Rise Inn, Corton Road, Lowestoft**, a two Course Lunch, tea/coffee and biscuits are included for both days (vegetarian option available). If you are travelling to Lowestoft and would like to combine your course with a short break you can take advantage of our negotiated room discount for course participants (See contact details on reverse).

The course will run from 9.30 to 4.30 on both days (delegates will need to attend both days to achieve certification)

Special Seaside Summer Saver Rate: £75 per delegate!

If you are interested in attending please contact Bill Shelley to book a place. We anticipate that this course will fill very quickly at this special price, so **early booking is recommended**; delegate places will be allocated on a first come first served basis.

For more information about Mental Health First Aid please look at the national website or the local website for Great Yarmouth and Waveney Mind:

<http://www.mhfaengland.org.uk> (National MHFA)

www.gywmind.org.uk (Great Yarmouth & Waveney Mind)

<http://www.visit-sunrisecoast.co.uk/index.htm> (Tourist Information)

Who can attend?

No prior knowledge is required to attend a Mental Health First Aid course and applications are invited from anyone who has an interest in furthering their knowledge in this area. There will be 12 delegates to a course.

For further details or an application form please contact:

Bill Shelley
Mental Health Promotion & Training
Coordinator
NMH DU Mental Health First Aid Instructor
Great Yarmouth & Waveney Mind
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Great Yarmouth
Norfolk
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What is Mental Health First Aid?

MHFA is the help given to someone experiencing a mental health problem before professional help is obtained.

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 problems developing into a more serious state
- to promote the recovery of good mental health
- to provide comfort to a person experiencing a mental health problem



Mental Health First Aid Training Timetable 2009

Month	Dates	Times	Venue
August	Tuesday 18 th Wednesday 19 th	9.30 – 16.30	The Sun Rise Inn Corton Rd, Lowestoft
September	Tuesday 22 nd Wednesday 23 rd	9.30 – 16.30	The Sun Rise Inn Corton Rd, Lowestoft
October	Tuesday 20 th Wednesday 21 st	9.30 – 16.30	The Sun Rise Inn Corton Rd, Lowestoft
November	Tuesday 17 th Wednesday 18 th	9.30 – 16.30	The Sun Rise Inn Corton Rd, Lowestoft
December	Tuesday 22 nd Wednesday 23 rd	9.30 – 16.30	The Sun Rise Inn Corton Rd, Lowestoft

Course Content

<u>Day 1</u>	<u>Day 2</u>
<p>Session 1</p> <ul style="list-style-type: none"> • Why mental health first aid? • Mental health policy in England. • What is mental health? • Common mental health problems. • Stigma and Discrimination. • The five steps of mental health first aid. • What is depression? • Symptoms of depression. • Risk factors for depression. • Depression in the workplace. <p>Session 2</p> <ul style="list-style-type: none"> • Suicide in England and Wales. • Crisis first aid for suicidal behaviour. • Crisis first aid for overdose. • First aid for depression. • Treatment and resources for depression. 	<p>Session 3</p> <ul style="list-style-type: none"> • What are anxiety disorders (PTSD, GAD, social phobia, panic disorder, agoraphobia, OCD)? • Symptoms of anxiety disorders. • Alcohol, drugs and anxiety disorders. • Crisis first aid for panic attacks. • Crisis first aid for acute stress reaction. • Treatment and resources for anxiety disorders. • Other expressions of distress, including self-harm. <p>Session 4</p> <ul style="list-style-type: none"> • What are psychotic disorders (schizophrenia, bipolar disorder)? • Symptoms of psychotic disorders. • Risk factors for psychosis. • Crisis first aid for acute psychosis. • Treatment and resources for psychosis. • Action planning for using MHFA.

The price of this course includes; Certificate of Attendance (useful addition to CPD portfolio) and a 78 page A4 full colour Manual which details not only the course covered but additional relevant information. Two full days of training, lunch, tea/coffee and biscuits both days.

Room Bookings: For room bookings only call Carla Zebrowski Sun Rise Inn - on 01502 500679 (early booking recommended)