

Mental Health First Aid

FREE!
(Also free for professionals)

This free course is open to anyone with an interest in mental health

Tuesday 3rd & Wednesday 4th July
The Assembly Rooms, Presteigne
9.15 - 4pm

Lunch &
certificates
provided

Covering:

- Statistics, stigma and issues that impact
- Promote recovery of good mental health
- Recognise the signs and symptoms of common mental health problems
- Preserve life where a person may be a danger to themselves or others
- Know how to provide support and access further help

For more information or to book a place please contact:

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