

Re: 2 Day Mental Health First Aid Qualification

We are writing to let you know that we are holding a mental Health First Aid course near you. If you think your company would benefit from having a qualified Mental Health First Aider then book a place on our course.

Our rates are very competitive and our instructor Dr Amanda Hull has a wealth of knowledge and experience to share.

Where?	Eye Scout Hut, Wellington Road, Eye, IP23 7BG
When?	17th and 18th Sept 2018
How Much?	£150 per person
Times?	9-5
Lunch?	Included

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. Adult MHFA courses can be attended by people aged 16 upwards and are relevant for the general population. Everyone on an Adult MHFA course is taught a set of skills which enables them to support someone experiencing mental health issues.

Why is it important for my company? Mental health can effect anyone in any workplace. Having a qualified Mental Health First Aider will help the wellbeing of the employees and customers. We believe that Mental Health First Aid is as important as physical first aid.

Yours Sincerely,

Julia Pethybridge

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See <https://mhfaengland.org/> for more information about Mental Health First Aid