

Mental Health First Aid
2nd & 9th August 2018
10.00AM TO 4.30PM
Engage Renfrewshire Offices
Paisley
PA3 1NS

This course is designed for everyone. It is interesting and varied and most participants tell us that they enjoyed it very much.

Five good reasons to attend SMHFA:

1. Most people don't know what to do in a mental health crisis. Take the course and you will be one of the few who knows what to do and is confident about putting that knowledge into action.
2. You will learn how to recognise when a person might need help and the best way to approach them.
3. You could save a life by learning basic suicide intervention skills.
4. You will learn what protects your own and other people's mental health.
5. You will learn new skills that are useful in every part of your life

Mental Health problems are not as frightening as most people think. When a person has a mental health problem what they need most is someone who can:

- listen calmly to their feelings and fears
- give some simple information
- tell them where to get appropriate help

It doesn't sound too difficult does it?

This course is for everyone and participants use the skills they learn in all settings.

- How to respond if you believe someone is at risk of suicide.
- How to give immediate help until professional help is available.
- What to say and do in a crisis
- The importance of good listening skills
- Practice listening and responding
- Understanding recovery from mental health problems
- Understanding the connection between mental health problems and alcohol and drugs
- Understanding the connection between mental health problems and discrimination
- Some basic information about common mental health problems
- Self help information

To book a place on this course please contact smiller@engagerenfrewshire.com

Catering will be provided. If you have any dietary requirements please inform us of this when booking a place.