

Mental Health

First Aid

Adult 2 Days

Fulwood Methodist

Church

Watling Street Road, PR2 8EA

Wednesday 14th September and

Thursday 15th September

9am to 5pm

Brec Seaton and Ruth Jeffries

seatonb@methodistchurch.org.uk

0779 9900469



What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. For more information visit www.mhfaengland.org.

What does it cost?

Usually the course costs £300, however if you are connected to the Methodist Church its been subsidised to £50 (none refundable) Please don't let the cost deter you. If you need help paying for the course please contact us for more information.

How to book your place

Follow the link to Eventbrite:

<https://www.eventbrite.co.uk/e/adult-mental-health-first-aid-tickets-338946898297>

