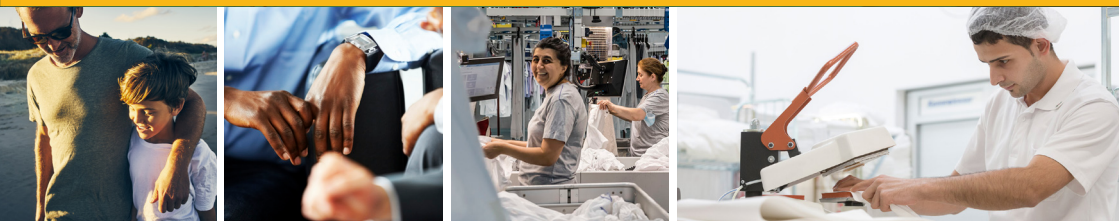


MENTAL HEALTH TRAINING

First Aider Course



Administered by Mental Health First Aid instructor, speaker and expert, Adrian Thomas from health and wellbeing consultancy company, Via Vita. The course has been subsidised by the TSA to make it more accessible for members as it's an important topic to support.



OVERVIEW

We're delighted to offer this accredited Mental Health First Aider Course. Taking place over four half days and is aimed at anyone who would like to support their colleagues and become a Mental Health First Aider.

The course will be held online. An invite will be sent with a link to join nearer the time.

WHO SHOULD JOIN

- Anyone who wishes to learn more about mental health issues
- People who, on a personal or work level, are supporting those with mental health needs
- Anybody working in the field of mental health

LEARN HOW TO

- Spot the early signs of a mental health problem & provide 'first aid' help

- Feel confident helping someone experiencing a problem
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Reduce the stigma of mental health problems

TIMES 9am-1pm (four half days). Various dates to be confirmed throughout the year.

FEE £150 +VAT per person (subsidised fee)

PLATFORM Online via Microsoft Teams

NEXT STEPS

All spaces will be provided on a 'first-come, first-served' basis so don't hang around if you want to register a space.

To book your, or your colleagues, place on this course please email events@tsa-uk.org with your details.