

Looking After Yourself in Tough Times

Mental Health First Aid Courses

This **two day course** was originally developed in Australia and has been adopted by a number of countries around the world. It is now being promoted in England and is endorsed by the Department of Health and The Royal Society for Health Promotion. For details visit: www.mhfaengland.org.uk.

Courses are delivered by qualified MHFA Instructors, a handbook accompanies the course and certificates are issued on completion.

The aims of Mental Health First Aid are to:

- Be accessible and relevant to a wide range of people
- Increase understanding of mental health issues
- Provide practical responses to someone in emotional or mental distress and reduce harm
- Promote good mental health

Bristol Mind is now offering the MHFA courses FREE to people affected by the recession on the following dates:

Date	Venue	Times
Friday 25 Sept. and 2 October	Lawrence Weston Community Farm	9.30 – 4 pm Lunch provided
Monday 30 th Nov. and 7 th Dec.	Filton Community Centre	9.30 – 4 pm Lunch provided
Saturday 16 and 23 Jan. 2010	Bristol Mind 35 Old Market Street	9.30 – 4 pm Lunch provided
Thurs. 11 and 18 March 2010	The Southville Centre	9.30 – 4 pm Lunch provided
Friday 7 and 14 May 2010	Easton Community Centre	9.30 – 4 pm Lunch provided
Weds and Thurs 14 and 15 th July 2010	Bristol Mind 35 Old Market Street	9.30 – 4 pm Lunch provided

To book a place or get more information
 call the 'looking after yourself in tough times' project on
07791 753 766 or
 email lookingafteryourself@bristolmind.org.uk