








Mental Health First Aid Course



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-461383-z>

Mental Health First Aid is an educational course which teaches people how to identify, understand and help a person who may be developing a mental health issue. In the same way as we learn physical first aid, Mental Health First Aid teaches you how to recognise those crucial warning signs of mental ill health. By learning to recognise the signs that someone may be unwell, you may be able to provide initial help, to guide a person towards appropriate professional help, and in its most powerful form, save a life by learning basic suicide intervention skills. The Now! Charity Group Ltd's mental health Instructor, Lynette Baldwin, is a qualified MHFA England Instructor. Lynette offers 2 courses: - 3hr Lite introductory awareness course. - The standard 2 day mental health first aider course. To find out when the next Mental Health First Aid England course is please contact us. Our courses are held in either Eastbourne or Hailsham in East.



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