

“An enlightening course – well paced and led tackled with humour and sincerity on a challenging topic at the core of all of our or loved ones lives. Highly recommend.” H Ashworth. June 2021

Mental Health First Aid Training



Completing this course made me realise that there are a number of factors that impact our mental health. Also that sometimes it's ok to not feel ok because everyone has these moments but for some people they can impact their day to day life. The course was very informative and was a great exploration of Mental Health First Aid, the course leader was supportive and well informed.

K White. June 21

- Instructor: Abigail Homer
- Tel 01845 524494
- Email: abigail@communityworks.uk
- Dates: 13th and 14th September 2021
- Times: 9.00am – 4.30pm
- Venue: Thirsk Town Hall
- Price: £250

Did you know?

- Mental Health First Aid (MHFA) is the mental health equivalent of physical first aid
- MHFA England is the only provider of licensed Mental Health First Aid Instructor Training in England.
- One in Four people in the UK will experience at least one diagnosable mental health issue in any one year (Health and Social Care Information Centre 2009).
- Stress, anxiety and depression are the biggest cause of sickness absence in our society. Work-related stress alone accounted for 45% of all working days lost to ill health in 2015/16 (Health and Safety Executive, 2017)
- As an approved MHFA England Instructor Member I can deliver Youth MHFA training courses in your community or place of work. If you're interested in learning how to support the young people you work with, contact me to find out more or book a course:

Booking Form Please use this form to book on courses and training with Community Works if you are not comfortable using Eventbrite. If you are happy booking online please visit our page to book:

<https://www.eventbrite.co.uk/o/community-works-32930757915>

Name:	
Contact phone number:	
Address:	
Contact Email:	
Name of Business:	
Is the Business a SME?	

Course Name:	
Course Date(s):	
Please tell us if you require any adaptations making	
Is the course to be paid for? (we invoice and you can pay by BACS, Card or Cheque).	
Cost of course:	

Cancellation Policy If courses are paid they must be paid in advance and cancellations 7 days or less before the course must be paid in full.

Community Works CIO. Registered Charity No: 1096518.
 Community House. 14a Market Place, Thirsk. YO7 1LB
info@communityworks.uk 01845 524494.