

Youth Mental Health First Aid Training

This course is for you if you want to...
**LEARN NEW SKILLS/STRATEGIES OR ENHANCE YOUR CV
IF YOU CARE FOR OR WORK WITH YOUNG PEOPLE**
(from early school years to college years)

FREE for BRENTWOOD residents

What you say, how you say it, and how well you listen can have a profound impact on someone who is emotionally distressed or having a difficult time. Everyone can learn and benefit from YMHA skills.

Youth Mental Health First Aid (MHFA) training is an interactive and practical training course to help you spot the early signs of a mental health problem. It will equip you with tools and techniques to help you, your family, friends and colleagues.

“Course very informative on all levels. Will be helpful, moving forward, in school environment to help support students with mental health difficulties”

“This course has been very informative and useful to benefit my family”

There are two courses a Champion Course (1 day) and a Mental health First Aider Course (2 days):

Dates: **4th October 22 Champion Course from 09:30 to 16:30**

Venue: Brentwood United Reformed Church New Road, CM14 4GD
Parking at the Multi-Storey Car park off South Street.




Dates: **25th & 27th October 22 Mental health First Aiders course from 09:30 to 16:30 on both days**

Venue: Shenfield parish Hall 60 Hutton Road, Shenfield, Brentwood, CM15 8LB. Parking available.



Refreshments will be available please bring packed lunch or use nearest shops
To book complete the booking form:

<https://interactchelmsford.wufoo.com/forms/k10nv0s51c5yd7g/>

 **01245 608201**

 [**training@interact.org.uk**](mailto:training@interact.org.uk)

 [**www.interact.org.uk**](http://www.interact.org.uk)

 [**fb.me/InterActEssex**](https://fb.me/InterActEssex)

 [**@InterActEssex**](https://twitter.com/InterActEssex)

InterAct
Moulsham Mill
Parkway
Chelmsford
Essex
CM2 7PX



MHFA England