

MENTAL HEALTH FIRST AID

One in four people in Scotland experience a mental health problem each year. 15-20% of employees experience mental health problems in any given year, accounting for about one-third of all workplace sickness absence.

AIMS?

Scotland's Mental Health First Aid has been developed as part of a national approach to improving awareness of mental health problems in Scotland. The **2-day course** will teach you to:

- Give initial help to someone experiencing a mental health problem
- Deal with a crisis situation or the first signs of someone developing mental ill health
- Guide people towards appropriate self and professional help

A recent evaluation found that course participants improved their confidence and ability to help others, improved their knowledge and reduced negative attitudes they may have had about mental health problems. It also improved their own mental health.

WHO FOR?

It is aimed at, and has proved successful with, **members of the general public** and different professional groups including **teachers, health workers, front line public sector and care sector workers.**

DELIVERED BY:

Bill Murdoch, Mental Health Practitioner **and/ or** David Adam, Training Coordinator (both SMHFA Instructors since 2005)



Mental Health First Aid Courses have been scheduled as follows:

- **27 and 28 September 2011 at Aboyne Hospital, Aboyne Aberdeenshire, AB34 5HQ**

All sessions will last from 9.30 am to 4.30 pm and attendance on both days is required.

The cost is **£55** per person for the general public, **£65** p.p. for public/voluntary organisations and **£95** p.p. for private sector organisations (inclusive of tea/coffee and delegate pack). A 45 minute lunch break will be allocated, please feel free to bring a packed lunch or there are cafés and shops nearby.

To book a place please complete the attached booking form and return to david.adam@nhs.net or: *David Adam, Wellfolds, Cothal, Dyce, Aberdeen, AB21 0HX.*

Payment instructions are on the booking form below>

SCOTLAND'S MENTAL HEALTH FIRST AID TRAINING COURSE

Please tick as appropriate:

22 and 23 September 2011 at The Citadel, Aberdeen

27 and 28 September 2011 at Aboyne Hospital, Aberdeenshire

Title:		Forename:		Surname:	
Position/Job Title:					
Line Manager:					
Organisation:					
Your Workplace Address:					
Postcode:				Daytime Tel No:	
E-mail address:					
Dietary/other requirements:					

I am enclosing a cheque for £ (£55 for general public, £65 for public/voluntary organisations, £95 for private sector organisations). Payment should be organised with/ addressed to **W. Murdoch**, Berwick Farm, Hatton of Fintray, ABERDEENSHIRE, AB21 0YR; bill@omhsolutions.com

Please note that late cancellation (less than 10 working days) or failure to attend the course will result in no refund of the course fee being given.

Please return the completed form to:

David Adam
Wellfolds, Cothal
Dyce
Aberdeen, AB21 0HX
Direct Number: 07500 940877
E-mail: david.adam@nhs.net



For more info, click here: <http://www.smhfa.com/index.aspx>

Data Protection statement: In completing this form, you agree to the data being held by L&D Associates, as data controller. The information will be held for the purposes of training administration, monitoring, and evaluation, and for contacting you to offer future training. The information will be held in confidence and only used by L&D Associates for the purpose described and not for any other purpose, without your permission. If at any time you wish to be removed from our database, please contact 07500 940877.