

Oxfordshire



ADULT MENTAL HEALTH FIRST AID TRAINING (2 days)

COURSE DETAILS

This accredited two day course was created by Mental Health First Aid England and teaches participants how to identify, understand and support someone who may be experiencing a mental health issue. It covers all mental health issues and diagnoses in detail and gives information on how to support someone experiencing these issues. Just as all responsible workplaces have first aiders for physical health, it is becoming good practice for mentally healthy workplaces to train Mental Health First Aiders to support people with their mental health. Mental Health First Aiders also help to promote a culture where people feel able to talk more openly about their mental health. For further information please see <https://mhfaengland.org/>

This training will take place at Oxfordshire Mind's premises at:

2 Kings Meadow
Osney Mead
Oxford
OX2 0DP

Please note: There is no car parking available at Oxfordshire Mind. A limited number of bike racks are available and we are easily reached on foot from the City Centre (<30 minutes), Railway Station (<15 minutes) and Seacourt Park and Ride (<20 minutes).

Upcoming training dates are:

- **Thursday 30 and Friday 31 May 2019**
- **Thursday 11 and Friday 12 July 2019**
- **Thursday 12 and Friday 13 September 2019**

Each day the training will start promptly at 9.30 am and will finish at 4.30 pm. Tea and coffee will be available from 9.15 am each day and will also be provided throughout the day. Lunch is not provided, please bring a packed lunch as there are only limited places to purchase food nearby. Please be aware that the venue is a NUT FREE ZONE due to severe nut allergies.

For further information please contact:

trainingenquiries@oxfordshiremind.org.uk

01865 263758

To book a place on this training please return the completed booking form to trainingenquiries@oxfordshiremind.org.uk