

Mental Health First Aid

Updated course with a
new App giving 3 years
support from MHFA

In person course over 2 days,
9am to 5pm at Church House, Penrith on:

- Wednesday 18th October and
- Thursday 19th October 2023

Online course over 4 sessions, 9am to 1pm

- Tuesday 7th November
- Wednesday 8th November
- Tuesday 14th November
- Wednesday 15th November

Facilitated by Brec Seaton

and Ruth Jefferies: seatonb@methodistchurch.org.uk



What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. For more information visit www.mhfaengland.org

What does it cost?

Usually costing £325, the Methodist Church are subsidising the price to £50 (non refundable) for members of, and those with a connection to, the Methodist Church. Further help with funding is available for Methodist members within the NW&Mann Region. Contact Brec Seaton for more information.

How to book your place:

In person course October 2023:

<https://MHFA181023.eventbrite.co.uk>

On line course November 2023:

<https://MHFA071123.eventbrite.co.uk>

Bookings close 2 weeks before the start of each course. Please note that by booking you are committing to paying for a place and attending all the sessions.

