

SCOTTISH MENTAL HEALTH FIRST AID (SMHFA)

FORTH VALLEY TRAINING DATES 2010

16/17 th February 2010	Raploch Community Campus, Stirling
18/19 th March 2010	Raploch Community Campus, Stirling
14/15 th April 2010	Raploch Community Campus, Stirling
13/14 th May 2010	Raploch Community Campus, Stirling
29/30 th June 2010	Raploch Community Campus, Stirling
7/8 th July 2010	Raploch Community Campus, Stirling

SMHFA is run over two days and is facilitated by two nationally approved instructors; a certificate of attendance will be issued to participants who complete the course.

This course is aimed at anyone who wants to help someone with mental health problems whether in a professional or personal capacity. Mental Health First Aid is the help given to someone experiencing a mental health problem before professional help is obtained.

The aims of the course are:

- To preserve life where a person may be a danger to themselves or others
- To provide help to prevent the mental health problem developing into a more serious state
- To promote recovery of good mental health
- To provide comfort to a person experiencing a mental health problem

Scotland's Mental Health First Aid does NOT teach people to be therapists.

Participants will learn:

- How to recognise the symptoms of the most common mental health problems
- How to provide initial help
- How to guide a person towards appropriate professional help
- The impact of alcohol and drug use on mental health.

For more information on booking a place contact:

Jenny Ewen
Health Promotion Department
Euro House, Wellgreen Place
Stirling FK8 2DJ
Phone: 01786 431132
Fax: 01786 431218
E-mail: jewen@nhs.net

Our training is open to people working or living in Forth Valley. A reservation form must be completed and returned to book a place or be placed on our waiting list (see above for contact details). The form is available online to download on: http://show.fv.scot.nhs.uk/home/Services/healthpromotion/hp_intro.asp then click on Mental Health and Training & Events.

There is no charge for the course, however should you wish to cancel your booking, we require 7 days notice *otherwise a charge of £30 will be made*. If you wish to send someone else in your place please let us know — you will not incur any charges for this. Please make sure you receive a confirmation letter from us before attending our training — you might be asked to produce this on your first day.

Further details can also be found on www.smhfa.com