



# MHFA England

## Mental Health First Aid to support young people Thursday 16th January 2020 & Wednesday 29th January 2020

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. At MHFA England we offer a range of courses tailored for people who teach, work, live with and care for young people aged 8 to 18.

The course is delivered in four manageable chunks:

- About mental health
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorder

It focuses on the issues faced by young people today, such as cyber bullying and substance misuse, and teaches how to promote protective factors and good parenting.

Everyone who completes the course gets a Youth MHFA manual to refer to whenever they need it, and a certificate to say they are a Youth Mental Health First Aider.

Led by Lynsey Norris, Education Development  
Officer.

Lynsey is a fully accredited Mental Health First Aid  
Instructor from Mental Health First Aid England

Venue: Diocesan Education Centre, 103 Newport, Lincoln, LN1 3EE

Time: course starts 9:00am - 5:00pm

Cost: £200 person  
(refreshments and lunch provided)

To book your place, please complete the attached booking form  
or

email: [patricia.dixon@lincoln.anglican.org](mailto:patricia.dixon@lincoln.anglican.org)  
or Tel: 01522 50 40 10

