

Other organisations in Forth Valley deliver SMHFA training—check availability of courses on www.smhfa.com.



FOR DETAILS OF APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST), SuicideTALK and safeTALK, PLEASE SEE: WWW.CHOOSELIFE.NET

Mentally Healthy Workplaces Training for Managers Blended Learning

This training includes good practice in promoting positive mental health & wellbeing as well as offering examples of how to support employees experiencing mental health problems.

To book a place on the one day course contact: Maureen Walsh, HWL Adviser m.walsh@nhs.net

We are happy to consider requests for this publication in other languages or formats such as large print. Please call **01324 590886** or email FV-UHB.disabilitydepartment@nhs.net

For information and bookings on these courses, please contact:

Jenny Ewen - jewen@nhs.net

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www.nhsforthvalley.com



Scotland's Mental Health First Aid Training Courses August 2017 - March 2018



Scotland's Mental Health First Aid
(2 days course) 09.30—16.30



2017

Wednesday 16 & Thursday 17 August (fully booked)	Falkirk
Tuesday 26 & Wednesday 27 September (fully booked)	Stirling
Monday 2 & Tuesday 3 October (fully booked)	Stirling
Thursday 23 & Friday 24 November (fully booked)	Stirling
Tuesday 5 & Wednesday 6 December	Stirling
Tuesday 23 & Wednesday 24 January 2018	Stirling
Tuesday 20 & Wednesday 21 February	Stirling
Tuesday 20 & Wednesday 21 March	Stirling

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
- ◆ To provide initial help
- ◆ To prevent the problem getting worse
- ◆ To promote recovery of good mental health
- ◆ To provide comfort

Scotland's Mental Health First Aid does NOT teach people to be therapists. Participants will learn:

- ◆ How to ask about suicide
- ◆ How to recognise the signs of mental health problems
- ◆ How to provide initial help
- ◆ How to guide a person to appropriate help.

SMHFA is a free course and 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.

What recent participants have said -

"Improved my understanding of how to approach the subject of suicide and provided me with various resources which could be used to help people suffering from depression etc."

"Has given me a much better understanding of Mental Health issues & confidence to support people."

"It met the learning aims by giving me a good, strong basic understanding of how to read and apply first aid"

"Course provided an overall awareness of mental health issues and basic first steps to identify and deal with it"

"I felt I have gained a lot of knowledge about mental illness & its effects. I also am more aware of asking people about suicide & feel confident to do so."

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 overleaf for contact details).

There is no charge for our courses, however should you wish to cancel your booking, we require 7 days notice *otherwise a charge of £30 will be made*. Bookings are transferable to another delegate from your organisation—if you wish to send someone else in your place please let us know .

Please make sure you receive a confirmation email from us before attending our training — you might be asked to produce this on your first day.