

Title: **Mental Health First Aid (2 day) (Working with Adults)**

Audience: Nominated people who will have a responsibility for Mental Health First Aid
** Please discuss it with your manager if you wish to be a nominated MH first aider prior to attending this course*

Description: 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

Objectives: By the end of this course you will be able to:

- Provide initial support, guide a person towards appropriate professional help.
- Be mindful of your own wellbeing.
- Develop an understanding of how you can create and maintain a healthier workforce & community.
- Embedding wellbeing into people management & supervision

Courses:

Dates	Times
18 November & 25 November 2021	9.30am – 5.00pm both days
20 January & 27 January 2022	9.30am – 5.00pm both days
17 March & 24 March 2022	9.30am – 5.00pm both days
21 April & 28 April 2022	9.30am – 5.00pm both days

Venue: Friends Meeting House, 50 Silverwell St, Bolton BL1 1PP

Price: No Charge

Booking Info: For the Bolton Council staff, please book your place via Oracle self-service. For the non-council staff, please email learninganddevelopment@bolton.gov.uk with the following information: course title, date and time, your full name and your organisation name, address and contact details

Cancellation: To cancel your place, please notify the Learning and Development Team on 01204 337600 or email learninganddevelopment@bolton.gov.uk

You must cancel your place at least 2 weeks prior to the course date, otherwise the following charges will apply-

- 2 weeks or more – No Charge
- 1-2 weeks prior - £25.00
- The week of the training course Full Cost
- Non-attendance Full Cost

IMPORTANT -If your course is free of charge and you cancel within 2 weeks or do not attend, you will be charged £25.00