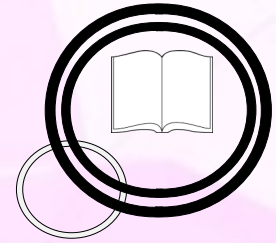


Youth Mental Health First Aid Lite



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.

Half Day

Our Lite course gives you a taste of the other courses available - and looks at the following options:

Lite training is an introductory three-hour session which looks at raising awareness of young people's mental health. It looks at:

- An understanding of some of the common mental health issues which young people experience - including depression, anxiety, eating disorders and psychosis.
- Skills to work more effectively with young people living with mental health issues.
- Ways to support young people with mental health issues and relate to their experiences.
- A taste of the contents of the youth MHFA Two Day course.

Mental Health First Aid to support young people.

Date: 19th of August 2019
Time: 12:30pm to 3:30pm
Location: Fusion Healthy Living Centre,
Park Wood, Kent, ME15 9XF

This course is provided FREE (Usually £300 per person) as it is a joint venture between Fusion and Maidstone and Mid-Kent Mind, designed to support individuals in the local community.

**To book your place please get in touch with:
Annie Palmer (anniepalmer@fusionhlc.org.uk)**