Basic First Aid in Mental Health Workshop For Men

This workshop will give you an introduction to First Aid in Mental Health.
The course is designed to help you spot the triggers and signs of various mental health issues, as well as giving you tools to deal with difficult situations.

This is a 3 hour Workshop
1st June 2019
Time: 11am—2pm
Venue: 1 The Quintet, Churchfield Rd, Walton-on-Thames
KT12 2TZ

You will need to be registered with Mary Frances Trust to attend this free course
Please contact us for referral paperwork.
To book your place, please ring 01372 375400, SMS 07929 024722 Or email info@maryfrancestrust.org.uk

Mary Frances Trust supports people to improve their emotional well-being through one to one support, courses, groups and activities

Mary Frances Trust