

Intro into Mental Health First Aid



Mindful Inclusion

This workshop will give you and
introduction to Basic
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, not
only in yourself but also in others.



This is a 3-hour Workshop
Thursday 29th August 2019
Time: 10am—1pm
Venue: 23, The Crescent
Leatherhead
KT22 8DY

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