

# Mental Health First Aid Starts with You!

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.

19 and 26 October 2018

9:00am - 5:00pm

at Idea Store Whitechapel

Full Fee £81. Concessionary Fee £42

Ask for Course Code **A0023**

