

InterAct

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Agency



Essex County Council

Youth Mental Health First Aid Training

This course is for you if you want to...

LEARN NEW SKILLS/STRATEGIES OR ENHANCE YOUR CV

IF YOU CARE FOR OR WORK WITH VULNERABLE YOUNG PEOPLE (AGE 8 UPWARDS)

What you say, how you say it, and how well you listen can have a profound impact on someone who is emotionally distressed or having a difficult time. Everyone can learn and benefit from YMHA skills.

Youth Mental Health First Aid (MHFA) training is an interactive and practical training course to help you spot the early signs of a mental health problem. It will equip you with tools and techniques to help you, your family, friends and colleagues.

"Course very informative on all levels. Will be helpful, moving forward, in school environment to help support students with mental health difficulties"

"This course has been very informative and useful to benefit my family"

The course runs over **4 Wednesday mornings: 27th June 4th 11th 18th July 2018**

Times: 10:00 AM to 13:30 PM

We require a **contribution of £20** to cover course materials and to **book your place payable on the first session via cash or cheque.**

VENUE: Extra - Support for Families Jaywick Community Resource Centre

Brooklands Gardens Jaywick Clacton on Sea Essex CO15 2JP

Refreshments will be provided (tea & coffee). There is free parking adjacent to the centre.

InterAct

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