



A two day Course which will help the participant to increase their understanding of mental health and military culture, whilst increasing their personal resilience.

Thursday 23rd February

and

Thursday 2nd March

At: Merstham Community Facility Trust

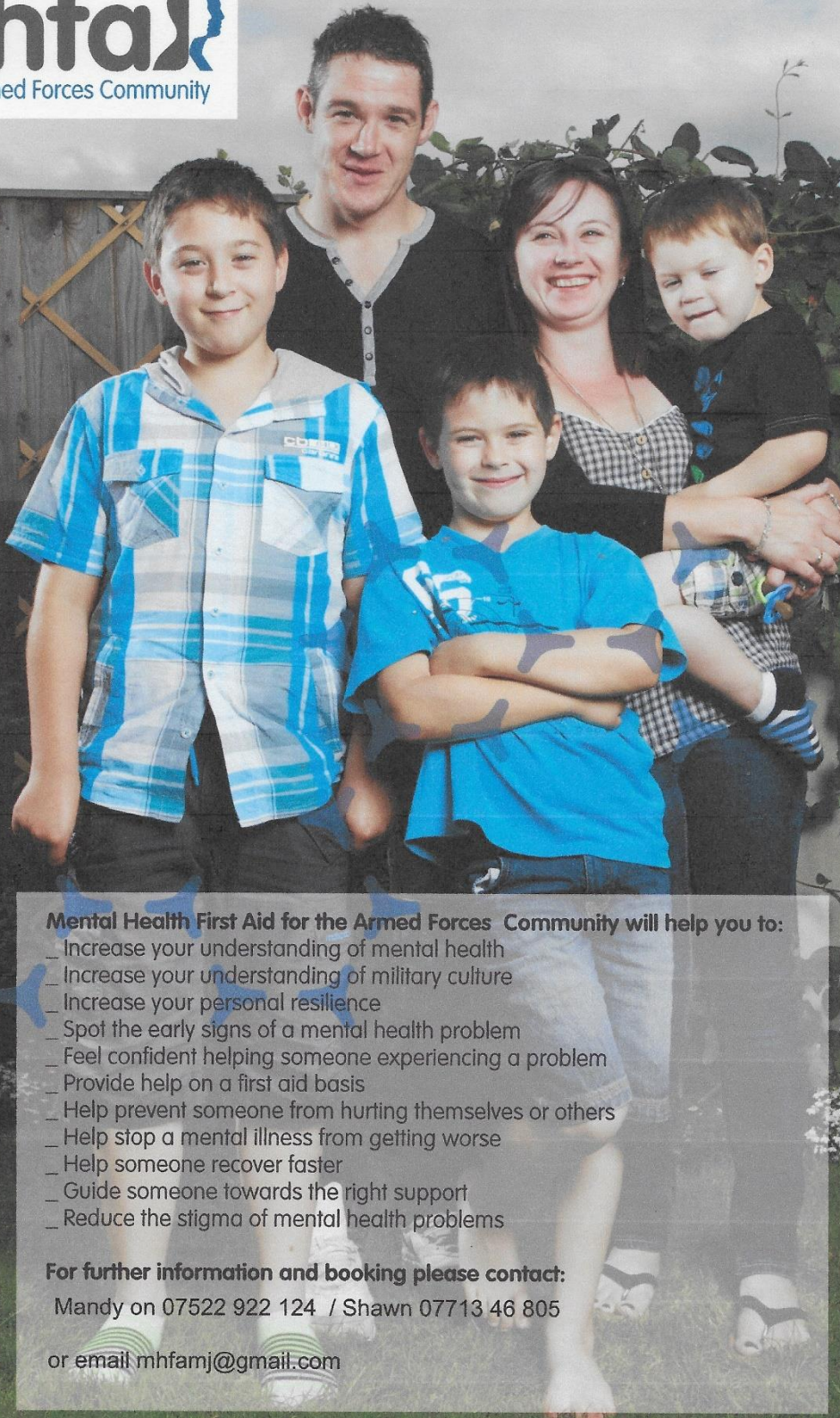
44 Portland Drive, Merstham. RH1 3HY

9 am till 5pm

There is no charge for this course but numbers are limited.

Contact manager@mcft.org.uk or call 07522 922 124 to book your place

mhfa
for the Armed Forces Community



Mental Health First Aid for the Armed Forces Community will help you to:

- Increase your understanding of mental health
- Increase your understanding of military culture
- Increase your personal resilience
- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems

For further information and booking please contact:

Mandy on 07522 922 124 / Shawn 07713 46 805

or email mhfamj@gmail.com



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