

Become a

# Mental Health First Aider

with an Online Mental Health First Aid course

Healthwatch Redbridge is offering fully funded\* courses to staff and volunteers within the NHS, and community and voluntary sector organisations in Redbridge.

Through a blend of instructor-led and live learning activities, you will:

- ⇒ develop practical skills to spot the triggers and signs of mental health issues
- ⇒ Gain confidence to reassure and support a person in distress
- ⇒ Learn how to guide them to further support and recovery

Sign up for our next course today:

Thursday 7 November 2024

Friday 8 November 2024

Thursday 14 November 2024

Friday 15 November 2024

All sessions run from  
9am to 1pm

Limited spaces available:

[https://bit.ly/MHFA\\_Nov\\_24](https://bit.ly/MHFA_Nov_24)

Scan QR code to  
sign up:



### Please Note:

This training consists of four half-day online sessions, all of which must be attended to complete the course.

\* Fully funded training places are offered, however, once training packs have been ordered, if an attendee does not attend, or fails to complete the course, we reserve the right to invoice the organisation to cover any administration fees.

