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register interest



SCOTTISH MENTAL HEALTH FIRST AID COURSE

**Certificated
Course**

A 4 WEEK COURSE FOR ADULTS

Starting Wednesday 29 January 2025
9.30 am to 12.30 pm for 4 weeks
in Kirkcaldy Town House



Community Development Team
Kirkcaldy Town House
Wemyssfiled Kirkcaldy

for more information pick up
a leaflet or call

Tel: 01592 583475

Email: Lyn.winters@fife.gov.uk

SCOTTISH MENTAL HEALTH FIRST AID COURSE

Starts 29 January 2025

The aim of the course is to:

- raise awareness of mental health and wellbeing issues.
- provide participants with basic crisis first aid skills training.

Learning Outcomes, by the end of the course participants will have:

- increase knowledge about mental health issues in Scotland.
- Increase YOUR skills and confidence in recognising the signs of mental health problems or suicidal thoughts.
- enable YOU to be able to provide initial help and guidance towards appropriate professional help.
- explore issues around recovery.

This course is **FREE** and will be delivered over 4 consecutive weeks (*Wednesday 29 January, February 5, 12 & 19 from 9.30am to 12.30 pm*) and will include sessions on attitudes, recovery, alcohol and drugs, suicide, listening skills, self-harm, depression, anxiety and psychosis.

Who should attend?

This course is for adults (18 yrs+) who are interested in developing their knowledge and skills in supporting someone with a mental health problem or who is experiencing suicidal thoughts.

The course is designed to provide participants with the means to learn to administer appropriate first aid, while waiting for the intervention of more professional and long-term help for the person who is unwell.

The course **IS NOT** appropriate for someone who is currently experiencing serious mental ill-health or who has had a bereavement in the last year.

While it is important to learn more about our own mental health, this course is **not designed for this purpose and in no way can it be used as a therapeutic intervention.**

SCOTTISH MENTAL HEALTH FIRST AID COURSE

Enquiry Form

Starting Wednesday 29 January 2025

This form is to register your interest in the course and you will be contacted by Lyn Winters, Community Education Worker for an informal chat prior to be offered a place on the course.

Name:

Address:
Postcode

Contact No:
Email:

The information you share on this form will only be used to process your enquiry for this course and to contact you. Your details will be held in accordance with data protection. Further details on how your information is managed can be found at www.fife.gov.uk/privacy

Office Use:	Date Contacted					
	Place offered					
	Age Range	18 - 25	26 - 40	41 - 55	56 - 65	65+
	Additional info					