



Scotland's Mental Health First Aid Training Dates 2016

<p>20th & 21st July</p> <p>2 Day Course</p> <p>Perth, North Perth, PH1 5LU</p>	<p>3rd, 10th, 17th August</p> <p>3 Evenings</p> <p>17:00 – 21:00</p> <p>Glenearn Community Campus, Glenearn Road, Perth PH2 0BE</p>
<p>30th & 31st August</p> <p>6th & 7th September</p> <p>13th & 14th September</p> <p>6.30-8.30pm</p> <p>Strathearn Community Campus, Pittenzie Road Crieff</p>	<p>29th Oct & 5th Nov</p> <p>2 Saturdays</p> <p>09:00-16.30</p> <p>Loch Leven Community Campus, Muirs, Kinross, KY13 8FQ</p>

By the end of the 12-hour interactive course, participants will:

- have an understanding of suicide, self-harm and mental health problems such as depression, anxiety, panic attacks and psychosis
- know how to recognise if someone is experiencing a mental health problem
- have practiced skills to help a person who is developing a difficulty with their mental health
- be able to support people to access appropriate help, including both professional support and evidence-based self-help strategies

More information available: www.smhfa.org

To book your place send your contact details to:

Email: smhfa.tayside@nhs.net or **Tel:** 01382 424086