



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

Course 1 Thursday 6th and 13th October

Course 2 Thursday 3rd and 10th November

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



Merstham Community Facility Trust
bringing people together



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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