



Mind Mental Health First Aid Conference Friday 4th December 2009 - 9.00am to 1.30pm Durham County Cricket Club - Chester le Street

Mind delivers high quality Mental Health First Aid (MHFA) training in the North East.

This half day conference will appeal to:

- a) delegates that have attended the MHFA course
- b) those who are new to MHFA and want to find out more about it and the benefits it offers

The conference includes:

Presentations and workshops from experts in the fields of:

- Mental Health First Aid
- Employment and Mental Health
- IAPT (Improving Access to Psychological Therapies)
- Suicide Prevention
- Self-Harm
- Recovery

- Stands representing key organisations
- '1 hour MFHA taster' and workshops relating to mental health issues
- Network opportunities over lunch.

If you would like to attend the conference please complete the attached booking form and return to enquiries@mindmentalhealthfirstaid.org.uk by **30th October**. Confirmation of a place at the conference will be e-mailed no later than Friday 6th November.

For further information please contact us at:
enquiries@mindmentalhealthfirstaid.org.uk

or tel: **01642 803727**

Mental Health First Aid (MHFA) is the help given to someone experiencing a mental health problem before professional help is obtained.

It does not teach people to be therapists; however, it does teach people how to

- a) recognise the symptoms of mental health problems
- b) how to provide initial help
- c) how to guide a person towards appropriate professional help.

MHFA is part of the New Leaf New Life portfolio, funded by the Big Lottery Fund and hosted by the North East Strategic Health Authority.

