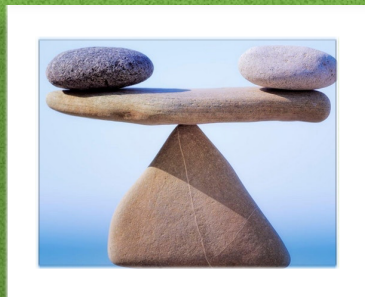


# Mental Health First Aid

## 2 Day First Aider Course

£50 to CTG Members / £100 to CECA Members

**July &  
Nov 18**



**Date:** 3rd & 4th July 2018  
**Time:** 9.00am - 5.00pm  
**Location:** CECA Office, Morley, Leeds

**Date:** 15th & 16th November 2018  
**Time:** 9.00am - 5.00pm  
**Location:** CECA Office, Morley, Leeds

Civils Training Group Y&H and CECA are pleased to announce these subsidised Two Day Mental Health First Aid courses for members. The course normally costs between £250-300 per person, but we are offering places for only £50-100 per person. If you are interested in CTG membership, please get in touch.

**Why is it an issue?** At any given time, across England and Wales, one worker in six is said to be experiencing depression, anxiety or other stress related problems. Pressure caused by the working patterns and demands of life in construction can exacerbate the impact on emotional health and wellbeing. In a sector with a high number of male workers, the specific risks associated for men and mental ill health cannot be ignored. For men between the ages of 15 and 49 (who are typically part of the workforce) suicide is now the leading cause of death. Mental health issues also account for people taking almost 70 million days off sick per year – the most of any health condition – costing the UK economy between £70 billion and £100 billion a year.

### The Course:

Our Adult MHFA Two Day course qualifies you as a Mental Health First Aider. Mental Health First Aiders have:

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

### What to expect

Learning takes place through a mix of presentations, group discussions and workshop activities.

### Everyone who completes the course gets:

- An MHFA manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health
- A certificate of attendance to say you are a Mental Health First Aider

**TO BOOK YOUR PLACE(S) PLEASE USE EMAIL [jemma@ceca-yorks.co.uk](mailto:jemma@ceca-yorks.co.uk)**