



MENTAL HEALTH FIRST AID COURSES



Feel confident helping someone experiencing a problem at a crucial time...
Learn how to identify, understand and respond to signs of poor mental health

Support friends, family, colleagues and clients

Our Mental Health First Aiders are helping to build a culture of care within our agricultural and rural businesses in East Anglia.

This training is not about being a therapist, or fixing problems. It will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.

What you will gain

- 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
- 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

- This is a two day face to face course
- Learning takes place through a mix of presentations, group discussions and workshop activities
- We limit numbers to 12 people per course so that the instructor can keep people safe and supported while they learn
- 6 months of support after training has completed.

"A truly wonderful and engaging course. An incredibly important subject very well communicated. Correct amount of time given. Sensitive approach and fabulous trainer."

Eligibility:

- Live or work in East Anglia
- Direct contact with agriculture or rural businesses
- Ability to demonstrate how the training will help support those in the agriculture or rural businesses

How to apply:

- Contact admin@yanahelp.org for an application form
- Complete and return the application form stating the course you wish to attend
- Your place will be confirmed

YANA does not charge for this training. However, the cost of one place is £360. If you are offered a place, please do your best to attend the training. We recognise that life events happen but where possible please give us as much notice if you are no longer able to attend. Donations towards the cost of the training are welcome via Just Giving <https://bit.ly/3NHXMkw>

Confidential Helpline: 0300 323 0400 or email helpline@yanahelp.org