



Free Mental Health Training for Youth Workers

Bristol City Council are facilitating **FREE** Mental Health First Aid training. Recognising mental health is everyone's business, and these courses will help youth workers to support young people experiencing mental health issues. There are two courses on offer and they will be prioritised to workers who have not had previous mental health training, and who work for organisations supporting children and young people across Bristol's diverse youth sector. Spaces are limited so book on now!

There are two courses on offer:

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| Lite | A three hour course introducing issues around young people's mental health and how to support them | 14 th March: 14:00-17:00 14 th March: 18:00-21:00 23 rd March: 18:00-21:00 | City Hall |
| Full | A 2 day course, teaching how to spot the signs and symptoms of mental ill-health in young people and provide help. | 13 th -14 th February | Parkview |

To Book: mhfa-lite.eventbrite.co.uk **OR** mhfa-full.eventbrite.co.uk