



Mental Health First Response

Expanding on our one-day ‘Mental Health Awareness’ course, Mental Health First Response is a two-day course which incorporates more practical and interpersonal skills. The aim of the course is to develop a delegate’s confidence and ability to support and reassure a person in distress.

Suitable for: Organisational mental health first responders, patient facing (incl. tel) NHS, social care and county council staff, VCSE staff

 **mind** Norfolk and Waveney

Registered charity - No. 1118449

Content

- 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.
- How to reassure and support a person in distress.
- Enhanced interpersonal skills such as non-judgemental listening.
- How to support someone's recovery by guiding them to additional referral support.
- How to support an adult with a long-term mental health issue or disability to thrive.
- Tools to look after your own mental wellbeing.

Dates

12th & 13th July 2023 (09:30-16:30) - South Lynn Community Centre, King's Lynn

20th & 21st July 2023 (09:30-16:30) - South Lynn Community Centre, King's Lynn

24th & 25th July 2023 (09:30-16:30) - The Norwich Wellbeing Centre

14th & 15th August 2023 (09:30-16:30) - Elizabeth House, Dereham

24th & 25th August 2023 (09:30-16:30) - Great Yarmouth Borough Council, Great Yarmouth

To find out more and if you're eligible to book onto a course please:

Visit: www.norfolkandwaveneymind.org.uk/ics-training

Email: training@norfolkandwaveneymind.org.uk

Call: 0300 330 5488

