



mental health first aid IRELAND

**Monday 11th November & Tuesday 12th
November (9.30am - 5pm)**
Ballytivnan Garden Centre

Mental Health First Aid is the help offered to a person who is developing a mental health problem or who is experiencing a mental health crisis, until appropriate professional treatment is received or until the crisis resolves. Mental health first aid is for everyone. You don't have to be an expert to talk to someone about mental health but Mental Health First Aid has been proven to give individuals more confidence to help others.

Tea / Coffee and a light lunch will be provided

This event is sponsored by Mental Health Ireland, Co. Sligo Leader Partnership Company & HSE therefore there will be no individual cost to participants on the course

To secure a place on this course, please email rachel@mentalhealthireland.ie

ONLY 20 PLACES AVAILABLE
Attendance on both days is mandatory.



**Mental Health
Ireland**

