



Do you enjoy a chat with your neighbours or regularly speak with people in your community?

Do you know how to, or would you like to support someone in your community with their mental health?

Most people will struggle with their mental health at some point in their lives and having someone to talk to can have a huge impact.

www.everydaymentalhealth.org

Mental Health First Aid Awareness

We are holding some free 2-hour awareness sessions in your community, in the sessions we will look at:

- The role you will play within your community in relation to mental health
 - Possible signs and symptoms we may see
- Holding a potentially life-saving conversation by following the process of C A R E
 - When to call the GP or the Emergency Services
- Signposting to local support organisations
 - An overview of different mental health conditions
- Knowing how to recognise and manage stress
- The importance of mindfulness and self-care

If you think this is something that would benefit you, or something that you would be interested in then please contact:

vickymarsland@ls2y.co.uk
01484 516444

The courses will be held at:

The Riverhead Brewery Tap – Marsden

Thursday 12th May 2022 at 1pm
2 Peel Street, Marsden. HD7 6BR.

Broad oak Bowling Club – Linthwaite

Tuesday 24th May 2022 at 7pm
73, Broad Oak, Linthwaite. HD7 5TE

Milnsbridge Village Hall – Milnsbridge

Wednesday 8th June at 2pm
Armitage Road, Milnsbridge. HD3 4JN.

Golcar British legion – Golcar

Monday 13th June at 4pm
283 Scar Lane, Golcar. HD7 4AU.

