

Basic Life Saving Mental Health Awareness

Course Duration: 2 Hours

What you will learn:

- **Define Mental Health**
- **Managing Stress**
- **Definition & Causes of Common Mental Health Problems**
- **Recognising Mental Health in Yourself & Others**
- **Common Perceptions surrounding Mental Health**
- **Having a Conversation about Mental Health**
- **Where to get Help**

Maximum 20 Participants

All of the income generated from our services is invested in our free first aid for all training programme.

Support our mission to save lives.

Get in touch hello@cooksonfirstaid.org
Follow us @cooksonfirstaid
Tel 0330 0435334

