



SMHFA is a 2 day training course which teaches you how to give initial help to someone experiencing mental health problems and how to deal with a crisis situation or the first signs of someone developing mental ill health.

Please book me a place on Scotland's Mental Health First Aid on (tick beside box):

NB places on courses are limited and will be allocated on a first come first served basis.

For organisations places will be limited to a maximum of 4 per course.

- 1st & 2nd September** Castle Douglas *venue to be confirmed*

- 14th & 15th October** Stranraer Library, Stranraer

NB There will be a £25 charge where a place is booked and not attended without notice of one full week before the course start date.

Your name:

Organisation, if applicable:

Job title, if applicable:

Address:

Telephone Number:

Email:

Any special dietary requirements:

Additional Learning requirements:

Please return completed forms (1 per applicant) to:
Carole Reed, 10 Park Road, Dumfries, DG2 7PW or email; carolereed@tiscali.co.uk.



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Tuesday 1st & Wednesday 2nd September 2009
Castle Douglas *venue to be confirmed*

Wed 14th & Thurs 15th October 2009
Stranraer Library, Stranraer

Registration 9.15am for 9.30am start to 4.30pm
Lunch will be provided at all courses

Subsidised by Choose Life there is no cost to participants
Choose Life is the Scottish Government's strategy to reduce
suicide in Scotland by 20% by 2013.

For more information please phone Carole on 01387 247215

To book please use booking form on following page.