

FOR DETAILS OF APPLIED SUICIDE INTERVENTION SKILLS
TRAINING (ASIST) PLEASE SEE: WWW.CHOOSELIFE.NET

Our training is open to people working or living in Forth Valley.

There is no charge for the courses, however should you wish to cancel your booking, we require 7 days notice *otherwise a charge of £30 will be made*. If you wish to send someone else in your place please let us know –you will not incur any charges for this.

Please make sure you receive a confirmation letter from us before attending our training – you might be asked to produce this on your first day.

If you, or someone you know, would like this in an alternative format, such as audiotape or large print then please phone us free on 0800 456033, fax your request to 01786 470984 or email us at yourhealthservice@fvhb.scot.nhs.uk

For information and bookings on these courses in Forth Valley please contact :

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Health Promotion Department

Mental Health Improvement Training January – June 2008



Scotland's Mental Health First Aid
(2 days course)

29 & 30 January	Riverbank Centre, Stirling
13 & 14 February	Forth Valley Sensory Centre, Camelon
12 & 13 March	Carseview, Stirling
9 & 10 April	Forth Valley Sensory Centre, Camelon
20 & 21 May	Carseview, Stirling
18 & 19 June	Forth Valley Sensory Centre, Camelon

This course is aimed at anyone who wants to help someone with mental health problems whether in a professional or personal capacity. Mental Health First Aid is the help given to someone experiencing a mental health problem before professional help is obtained.

The aims of the course are:

- ◆ To preserve life where a person may be a danger to themselves or others
- ◆ To provide help to prevent the mental health problem developing into a more serious state
- ◆ To promote recovery of good mental health
- ◆ To provide comfort to a person experiencing a mental health problem

SMHFA is run over two days and is facilitated by two nationally approved instructors; a certificate of attendance will be issued to participants who complete the course.

Scotland's Mental Health First Aid does NOT teach people to be therapists. Participants will learn:

- ◆ How to recognise the symptoms of the most common mental health problems
- ◆ How to provide initial help
- ◆ How to guide a person towards appropriate professional help
- ◆ The impact of alcohol and drug use on mental health.

Other organisations in Forth Valley deliver SMHFA training - check availability of courses on www.smhfa.com.

EFT Training - Level 1
(1 day course)

25 January 2008 **Forth Valley Sensory Centre, Camelon**

8 February 2008 **Forth Valley Sensory Centre, Camelon**

Emotional Freedom Technique - or EFT as it is more commonly known - is an up and coming therapy with a wide range of applications. Based on the Meridian system as used by the Chinese for thousands of years, it is capable of treating mental, emotional and physical issues. It has been described as "Psychological acupuncture without the needles" and is quick and easy to learn.

This one day course will take you through the basics of EFT and give you an overview of its applications; it is particularly suited to people who want to learn about EFT in a clinical/professional setting.

You can find out more about EFT on www.emofree.com.