



**Mind Guernsey**  
 Call us on 01481 722959  
 Email: info@guernseymind.org.gg  
 Website: guernseymind.org.gg



# MHFA Training

## Mental Health First Aid England

At Guernsey Mind, we realise the importance of education and training in order to help people and support others. Our training department offers a range of Mental Health Awareness and Training Programmes for businesses and individuals.

The **Mental Health First Aid England**<sup>®</sup> internationally recognised training courses teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

Full details on all courses can be found at [www.guernseymind.org.gg](http://www.guernseymind.org.gg)



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### Dates for 2024

<b>Jan</b>	25th-26th	Adult 2-day
<b>Feb</b>	15th-16th	Youth 2-day
<b>Mar</b>	22nd	MHFA Refresher
<b>Apr</b>	25th-26th	Adult 2-day
<b>May</b>	30th-31st	Adult 2-day
<b>Jun</b>	21st	Adult 1-day
<b>Jul</b>	25th-26th	Adult 2-day
<b>Sept</b>	19th-20th	Adult 2-day
<b>Oct</b>	11th	MHFA Refresher
<b>Nov</b>	21st-22nd	Adult 2-day
<b>Dec</b>	13th	Adult 1-day

To register your interest in attending any of these courses scan the QR code.



SCAN ME

Alternatively please email [louisa.mace@guernseymind.org.gg](mailto:louisa.mace@guernseymind.org.gg) or visit [www.guernseymind.org.gg](http://www.guernseymind.org.gg)