

Level 2 Mental Health First Aid

Provided / Operated by:

Adult Learning Kirklees

Understanding what can affect our mental health. Looking at the signs and symptoms of someone who may be struggling with their mental health. Having supportive conversations and signposting to community groups and health professionals to support with the individuals' personal needs.

Contact Details:

Name: S & H Training

Phone: 07706 899023

Email: nadine.littlewood@kirklees.gov.uk

Days & Dates:

Tuesday: 9am - 11am

7th January 2025 to 11th February 2025

Costs:

Free

Childcare:

No

Children allowed:

No