

FREE
Accredited course
Usually £320
per person



**TAKE CARE
OF YOUR
MIND**

MENTAL HEALTH FIRST AID TRAINING

FOR MEN



**“Men account for
75 - 80% of deaths by
suicide”**

2 DAY COURSE (Must attend both days)

22nd & 23rd October

9:00 am - 5:00 pm

Limited Spaces Available

HERE'S WHY YOU SHOULD JOIN OUR TRAINING:

Learn to identify, understand
and help someone experiencing
a mental health issue



Empowerment and
Confidence



Essential Life-Saving
Techniques



To reserve a free place or for more information please text or email Kimberley on:

 07704157098

 kimberley@pdt.org.uk



Location:

Happy Hub, 23 Third Avenue
W10 4RS