

# Helping you to help your community:



## FREE TRAINING! (September 2008)

# MENTAL HEALTH FIRST AID (MHFA) TRAINING FOR COMMUNITIES AFFECTED BY FLOODING

*'I found the course was a great help because the topics we covered are everyday issues and I feel confident to help anyone now.'*

Course participant 2008

The impact of flooding has been wide and varied with people experiencing a range of difficulties including stress, anxiety, relationship pressures, financial pressures etc. Search and Jellycat Media Limited in association with Hull CVS and British Red Cross have been funded to provide Mental Health First Aid courses to anyone working and supporting people affected by flooding in Hull as well as members of the general public.

This training aims to help you help the people you live alongside, work with or meet on the street and gives you the skills to offer a listening ear, advice on self help strategies and the knowledge of local services to signpost to appropriate professional help should it be necessary.

To register your place, check [www.deepwaterhull.co.uk](http://www.deepwaterhull.co.uk) or call us for further information;

Kate or Ian on 01482 345104 or [info@jellycatmedia.com](mailto:info@jellycatmedia.com)

**Please note – this training would normally cost £150.**



## [www.mentalhealthfirstaid.csip.org.uk](http://www.mentalhealthfirstaid.csip.org.uk)

see also [www.deepwaterhull.co.uk](http://www.deepwaterhull.co.uk) for more details



SEARCH in association with



BritishRedCross

and

Hull CVS