



**Renfrewshire Association for Mental Health**

**RAMH**  
Helping to make the pieces fit.....

**Scotland's  
Mental Health  
First Aid  
Training Course**

**Mental Health Awareness  
Week**

**October 2008**

Wednesday 8th October 2008  
&  
Thursday 9th October 2008

I would like to take part in the Scottish Mental Health Training being run in October.

Name:

Age:

Address:

Postcode:

Contact Telephone Number:

Please can you tell us briefly why you would like to take part in this training?

It is essential for you to attend both days. Is this possible? **Yes / No**

Please Return to:

**Mark Reilly**  
**RAMH Information Service**  
The Charleston Centre  
49 Neilston Road  
Paisley PA2 6LY



## What does it involve?

SMHFA is being rolled out across Scotland by NHS Health Scotland. The course is based on the well known concept of first aid training. It aims to help people to:-

- Preserve life where a person may be a danger to themselves or others.
- Provide help to prevent the mental health problem developing into a more serious state.
- Promote recovery of good mental health.
- Provide comfort to a person suffering from a mental illness.

The course covers a wide range of common mental health conditions and looks at effective treatment and interventions. It also looks at how to access professional help and support. The course involves a range of presentations and activities. All participants will receive a certificate at the end along with a SMHA manual.

## When?

The 2 day course will be held at RAMH Head Office, 41 Blackstoun Road, Paisley between 10am - 4pm on:

Wednesday 8th October 2008  
&  
Thursday 9th October 2008

## Scottish Mental Health First Aid



Do you have a partner, family member, friend, work colleague or neighbour who has mental health problems?



Do you ever feel frustrated because you do not know how to support them?



Do you ever worry that you will say or do the wrong thing and cause the person further distress?

**If you answered “yes” to any of the above questions, then the Scottish Mental Health First Aid course (SMHFA) could be for you.**

Renfrewshire Association for Mental Health (RAMH) will be running this course as part of their programme of events for Mental Health Week .

The course will last for 2 days and will be delivered by an accredited SMHFA trainer. **The course is open to anyone and is free.**

If you are interested in attending please return the tear off booking slip on this leaflet as soon as possible to:

Mark Reilly  
Renfrewshire Association for Mental Health  
The Charleston Centre  
49 Neilston Road  
Paisley  
PA2 6LY

**If you would like to know more please call 0141 842 3421**