

# Mental Health Aware course



Through an interactive instructor-led live session, you will learn:

- What mental health is and how to challenge stigma
- An introduction to some common mental health issues
- Confidence to support someone who may be experiencing mental ill health
- Ways to look after your own mental health and support wellbeing

For more info and to book, contact:



Visit the MHFA England website at [mhfaengland.org](http://mhfaengland.org)  
Find us on social media @MHFAEngland



This **FREE** course is funded by **Health Education England** and is aimed at staff and volunteers supporting people through financial difficulty across Berkshire (West Berks, Bracknell, Reading, Slough, Windsor and Maidenhead and Wokingham). Places are limited so early booking is advised.

**Deadline to book a place is Friday 27/11/2020 by 3pm**

For more information and to book please contact Shaheen Kausar on 07923 138 730 email

[rclshaheen@gmail.com](mailto:rclshaheen@gmail.com)

**The course will be delivered online via zoom on Wed 9<sup>th</sup> Dec and Thu 10<sup>th</sup> Dec from 10:30-1pm. Attendance on both days is compulsory for the certificate.**

