

Working in collaboration with **Kingsway Consulting Limited**, Deborah Wright of **Wright Mind Training Services Limited** will be facilitating the three hour **Mental Health First Aid (MHFA) Lite** workshop from September 2014 at Global House, Kingsway, Scunthorpe. MHFA Lite offers an introduction to mental health and mental health issues; and is intended to introduce the MHFA course to the general public. The workshop is aimed at employers, employees and volunteers engaged in the private, public and voluntary sectors.

The aim of MHFA Lite is to enable participants to:

- Gain a wider understanding, for themselves and others, of some issues surrounding mental health
- Work more effectively with people living with mental health problems
- Understand the aims of the Mental Health First Aid (MHFA) course
- Experience a taste of the contents of the MHFA Standard course

<b>Dates:</b>	Thursday 11 September 2014	09.00 – 12.00
	Tuesday 11 November 2014	13.00 – 16.00
	Wednesday 21 January 2015	09.00 – 12.00
	Tuesday 10 March 2015	13.00 – 16.00
	Wednesday 10 June 2015	09.00 – 12.00

## **Fantastic News**

If you have an interest in promoting positive mental health within your workplace then read on.....

If your Company:

- is based in the Humber area
- employs less than 250 employees
- employees are aged 19 and over
- employees have resided in the UK for over three years and
- employees have a Contract of Employment (whether zero hours, part or full-time)

then you should be able to access the course at no cost through funding secured by Kingsway Consulting Limited. Contact [kcinfo@northlindsey.ac.uk](mailto:kcinfo@northlindsey.ac.uk) or telephone 01724 294040 for more details or to make your booking.

If you are interested in MHFA Lite being delivered at your premises or on alternative dates, please email [info@wrightmindtsl.co.uk](mailto:info@wrightmindtsl.co.uk) or telephone 01724 858799 with your request.

If you prefer to have Mental Health First Aiders in your workplace, then the two day MHFA Standard course is available via Wright Mind Training Services. Refer to the Training Portfolio on [www.wrightmindtsl.co.uk](http://www.wrightmindtsl.co.uk) or look on Courses at [www.mhfaengland.org](http://www.mhfaengland.org) for more information.