

# response

referral education skills provision opportunities  
networks sustainability engagement



This training is available for anybody aged 19+ with a low wage or not in current employment.

## Introduction to Mental Health First Aid

Wednesday 5th February 2020

11am—2pm

Swale CVS, Central House, Central Ave,  
Sittingbourne, ME10 4NU

**FREE COURSE**  
**refreshments**  
**provided**

Mental Health First Aid is a training course designed to help people to recognise the symptoms of mental health so that they can support those who are affected by it.

Learners must bring:

- Photographic ID

If you are interested please contact  
Jane at [jane.watkins@swalecvs.co.uk](mailto:jane.watkins@swalecvs.co.uk)  
or call 01795 473828

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