

DATE(S):

R1017

4 & 11 Nov 2009

R1018

17 & 24 March 2010

Venue:

PHEW Centre

52 Bartholomew Street,
Exeter EX4 3AJ

Times:

10am to 4pm

Cost:

£85.00

£20.00 (concession)

Lead Teacher:

Georgina Couch

Course Level:

2

Entry

Level = Pre-GCSE

Level 1 = GCSE D to G

Level 2 = GCSE A to C

Level 3 = A Level

Standard

This course is an accredited, course and there will be criteria that you need to meet in order to attain the qualification. You will need to also meet certain Learning Skills Council requirements in order for us to draw down the funding for your place. You will be asked to complete a form saying that you will pay any money we are unable to draw down by your not meeting the criteria.

Emotional First Aid Course

There are lots of first aid courses around, however, few cover mental illness and how to help someone through this very difficult and often frightening experience.

During this course, we will explore lots of practical ways to manage our own and others emotional crisis.

This course is an excellent way to identify ways to cope and help someone who is in crisis.

During the course, we will:

- Explore what is mental ill-health;
- Identify the common Signs and Symptoms;
- Explore the seven golden rules;
- Explore what is Trauma / Crisis in Adults, Children and those experiencing mental health difficulties;
- Identify some of the causes and ways to support a distressed person;
- Explore signposting opportunities;
- Identify how the services fit in with each other;
- Explore some of the common symptoms and ways to treat / reduce them;
- Explore how to cope with emergency situations;
- Explore how to do CPR and put people in the Recovery Position;
- Explore some scenarios;

The sessions are taught:

- By a qualified teacher experienced in working in the mental health sector;
- in a safe and relaxed environment enabling difficult topics to be handled safely.

There will be lots of opportunities to ask questions and get involved in the session.

Certificates are issued to those who attend and complete the course.

For further information about any of our Learning and Development opportunities, please do not hesitate to contact us.