

Certificate of Attendance



MHFA England

Aleksander Nitka has attended the **Adult MHFA Two Day** course and is now a Mental Health First Aider. This course teaches in depth skills for providing first aid to people who may be experiencing mental health issues such as depression, anxiety and psychosis.

Dates of attendance

17 & 18 July 2018

Course delivered by

Keith Benedict
Gabriele Meher

Mental Health First Aid (MHFA) England is a community interest company working to increase mental health awareness and skills across society. Our range of courses are designed to empower people to support their own mental health and that of the people they connect with in life.

By giving people the facts about mental health and the practical skills to support wellbeing, we work towards building healthier communities free from stigma.

Poppy Jaman OBE
MHFA England Ambassador

MHFA England CIC
49-52 East Road, Old Street
London, N1 6AH

www.mhfaengland.org
info@mhfaengland.org

020 7250 8062
CIC Registration Number: 702139