

Scotland's Mental Health First Aid Training

Date: Thursday 8th & Friday 9th November 2018

Time: 09:15 – 16:30

Venue: North Inch Community Campus, Perth

Date: Wednesday 16th & Thursday 17th January 2019

Time: 09:15 – 16:30

Venue: North Inch Community Campus, Perth

Date: Wednesday 20th & Thursday 21st February 2019

Time: 09:15 – 16:30

Venue: North Inch Community Campus, Perth

Places are limited

To book: email Lorna Webster at lorna.webster@nhs.net



About the course

Target Audience: Anyone who wants to learn how to support someone in distress. Participants can use the skills they learn in all settings.

Aim: This course will not train people to be mental health workers. It offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching someone in distress.

Please note: Although this course is free of charge, if you do not take up your booked place, or cancel less than 10 days before the course start date, a £50 administrative fee may be charged

Scotland's Mental Health First Aid Young People (SMHFA – YP) Training

Date: Wednesday 14th November 2018
Time: 09:15 – 16:30
Venue: North Inch Community Campus, Perth

Date: Wednesday 16th January 2019
Time: 09:15 – 16:30
Venue: North Inch Community Campus, Perth

Date: Thursday 7th March 2019
Time: 09:15 – 16:30
Venue: North Inch Community Campus, Perth

Places are limited

To book: email Lesley Simpson at
MHTraining@pkc.gov.uk



About the course

Target Audience: This course is aimed at adults over 28 who significantly support or care for young people aged 11–17.

NOTE: this course is NOT for delivery direct to young people.

Aim: This course will not train people to be mental health workers. It offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a young person in distress.

Please note: Although this course is free of charge, if you do not take up your booked place, or cancel less than 10 days before the course start date, a £50 administrative fee may be charged

safeTALK Training



Date: Tuesday 15th January 2019
Time: 10:00 – 13:30
Venue: North Inch Community Campus, Perth

About the course

Please note: safeTALK is not required if you have completed an ASIST course, although after completing the course ASIST can be taken for further learning.

Target Audience: Communities or organisations that already have ASIST trained helpers in place to maximise intervention as the main suicide prevention focus

Places are limited

To book: email Lesley Simpson at MHTraining@pkc.gov.uk

Aim: safeTALK is aimed at giving participants the skills to recognise that someone may be suicidal and to connect the person to someone with suicide intervention skills.

Please note: Although this course is free of charge, if you do not take up your booked place, or cancel less than 10 days before the course start date, a £50 administrative fee may be charged

Applied Suicide Intervention Skills (ASIST) Training – 2 day course

Date: Monday 15th & Tuesday 16th October 2018

Time: 09:00-16:30 each day

Venue: North Inch Community Campus, Perth

Date: Tuesday 8th & Wednesday 9th January 2019

Time: 09:00-16:30 each day

Venue: North Inch Community Campus, Perth

Date: Wednesday 29th & Thursday 30th May 2019

Time: 09:00-16:30 each day

Venue: North Inch Community Campus, Perth

Places are limited

To book: email Lesley Simpson at
MHTraining@pkc.gov.uk

Please note: Although this course is free of charge, if you do not take up your booked place, or cancel less than 10 days before the course start date, a £50 administrative fee may be charged



About the course

Target Audience: This course is for any member of staff/members of other statutory and voluntary organisations and members of the public.

Aim: By the end of the session you will have learned how to recognise the signs of suicidal thoughts and how to intervene to prevent the immediate risk of suicide.