Certificate of Attendance

MHFA England

Denitsa Todorova 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

Start Date: **09/05/2019**

End Date: **10/05/2019**

Course delivered by

Steve Metcalf

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.



Simon Blake OBE
MHFA England Chief Executive

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