

Mental Health First Aid Ireland: Mental Heal First Aid Training **(<https://www.activelink.ie/node/114882>)**



Mental Heal First Aid Training in Clonakilty on 27th & 28th April

Details and description of the course are attached below, you can book using the above link or QR code on the poster.

Please read these documents. We will be covering mental health difficulties and illnesses, including suicide. As facilitators, we want to ensure our participants are comfortable and safe.

We would advise if you have been recently bereaved or affected by suicide in your life, that you leave a gap of at least 6-12 months before attending this course.

We would appreciate it if you could ask this question: ***'Is this the right time for me now?'***

Cork Mental Health endeavours to share these evidence-based tools and skills with all our staff, volunteers, and community. We have two trained Mental Health First Aid instructors and will be running training sessions throughout the year. It is important to consider that this course is not therapeutic but based on providing you with tools and skills to support others in a crisis or emerging crisis.

If you doubt that is not the right time for you, please contact Caroline Hayes to discuss:-

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Mob: 087 229 3550 (Tel:0872293550)

Region

Clonakilty, Co Cork

Book Here! (<https://www.mhfaireland.ie/courses/37-hse-embedded-mhfa?e=fc7ead4ea2f64d69a6018061eb72b320>)

Date Entered/Updated

3rd Apr, 2025

Expiry Date

28th Apr, 2025

Attachment	Size
MHFA Description.docx	66.67 KB
MHFA info sheet (1).pdf	127.55 KB
MHFA TRAINING COURSE.jpg	285.61 KB

Source URL: <https://www.activelink.ie/community-exchange/training/114882-mental-health-first-aid-ireland-mental-heal-first-aid-training>