



**Training Application Form:  
MIND Cymru-  
"Youth Mental Health First Aid"  
Bilingual**

We would like to extend an invitation to you or a representative from your organisation to attend the above training event.

Following an excellent feedback, this will be another chance for more members of the Network to take up this opportunity

**Dates – two day course- 10<sup>th</sup> & 11<sup>th</sup> November, 9:15am-4pm  
St Mary's Church, Tremadog.**

**Aims of the course:**

The developing mental health problems in young people covered are:

- Depression
- Anxiety disorder
- Psychosis
- Substance use disorders
- Eating disorders

**Participants will learn:**

- The signs and symptoms of these mental health problems
- Where and how to get help
- What sort of help has been shown by research to be effective

Cost, which also includes tea/coffee and lunch **for both days** PLUS a copy of the handbook worth £5:

MEMBERS: £20  
Non-MEMBERS: £25

**Places are limited to max 18 on a first come first serve basis.**

If you would like to attend this session, please fill and return the slip below or drop me an e-mail with your details.

**Training Session – 'Youth Mental Health First Aid' – 10th & 11/11/2011  
St Mary's Church, Tremadog**

Name & Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ ☎ \_\_\_\_\_

E-mail \_\_\_\_\_

Dietary Requirements: \_\_\_\_\_

Any other additional requirements: \_\_\_\_\_

Carwyn Humphreys- Children and Young People Facilitator (☎ 01286 672626)

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