

# Scotland's Mental Health First Aid 2-day Course

at

## Apex City Hotel

### Venue

[Apex City Hotel](#)  
61 Grassmarket,  
Edinburgh  
EH1 2HJ  
Tel: 0131 300 3456  
([map](#))

Entry is via the main street on the Grassmarket, opposite it's pubs and cafes.



### About the Course

Our two-day course qualifies you as a Mental Health First Aider. Mental Health First Aiders have:

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgmental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

**The course covers;** Attitudes, Listening Skills, Suicide, Depression, Anxiety, Psychosis, Self-harm, Alcohol & Drugs and Recovery.

The Aims of the course are:

- To preserve life
- To provide initial help
- To prevent a problem getting worse
- To promote recovery of good mental health
- To provide comfort

We limit numbers to 15 people per course so that the instructor can keep people safe and supported while they learn.

Through a mix of group activities, presentations and discussions, the course is built around a Mental Health First Aid action plan.

Everyone who completes the course gets an SMHFA manual to keep and refer to whenever they need it, and a certificate to say they are a Mental Health First Aider.

## **Registration and Timings**

Registration will take place from 9.30am for a 9.45am start and finish at 5pm on (both days). Upon arrival please go to reception and they will let you know where to go. There is lift access at this venue.

You must have attended both full days to receive your certificate.

All the courses being held at the Apex City Hotel include lunch (at no additional cost to you) as well as refreshments. This is because of a partnership with Apex which you can read about [here](#).

A menu to fill in is provided at the beginning of each day with options of soup, sandwich and salad. Apex can cater for vegetarians and vegan, but if you have more complex dietary requirements you are more than welcome to bring your own lunch or buy something locally.

## **Key Contact for Non-attendance**

If you are unable to attend the event, for any reason, please notify Catherine as soon as possible by *text*: **0774 981 7473**.

If you are sending a substitute participant, please notify us in advance.

## **Photography**

There will be photographs taken during the course which may be used on our website, social media and evaluation reports. Should you wish to have your profile in photographs *blurred* out, please advise us on arrival and should you change your mind later, please let us know by emailing us.

## **Social Media**

Our twitter handle [@MHScot\\_Conult](#)

The course hashtag #SMHFA

Facebook <https://www.facebook.com/MHScot/>

Instagram [https://www.instagram.com/mhscot\\_workplace\\_wellbeing/](https://www.instagram.com/mhscot_workplace_wellbeing/)

## Travel to the venue

### Parking

The area surrounding the Grassmarket is a 'zoned' parking area, therefore street parking costs £3.40/hr Mon-Sat, 8:30am-6:30pm or there is a multi-storey parking at NCP on King Stables Road. If you need to check parking further away, visit the [City of Edinburgh Council](#) website and search the map.

The hotel has a car park available for guests on a first come first served basis which cannot be reserved. This is chargeable at £12 for 24 hours.

### By Train

The nearest main station is **Waverley Station**, which is a 10-15-minute walk away. Exit onto Market Street. Turn left and then right at the roundabout onto Cockburn Street. You'll meet High Street, then take a right where you'll see Edinburgh Castle up ahead and then take a left onto George IV Bridge. Follow the road down Victoria Street where you'll meet the Grassmarket. The [Trainline Journey Planner](#) can help you plan your train journey to the course.

### By Bus

The following bus routes stop at the Grassmarket: **2** and the **23, 27, 41, 42** and **67** stop nearby on the George IV bridge. The [Lothian Buses Journey Planner](#) can help you plan your bus travel to the venue. Single ticket price is £1.60, and a Day ticket is £4.

### By Bike

Bike racks are available in the Grassmarket.