

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

at

## The ALLIANCE

### Venue

#### [The ALLIANCE](#)

Venlaw Building,  
349 Bath Street  
Glasgow  
G2 4AA  
Tel: 0141 404 0231  
([map](#))

Entry is via the main street through the glass door and up some steps.



### 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 staff will help you sign in and let you know where to go. There is lift access at this venue, but advance notice is required.

Refreshments (tea, coffee and biscuits etc.) are provided, and lunch can be bought at a number places locally or you can bring your own.

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

## **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\\_Consult](https://twitter.com/MHScot_Consult)

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 Bath Street in Glasgow is limited for parking with [Charing Cross Car Park](#) next to Charing Cross Station the most suitable for a full day. Daily Charge (Applies 8am-6pm Mon-Sat) 0-1 hour £2.20, 1-2 hours £4.40, 2-3 hours £6.60, 3-4 hours £9.50, 4-5 hours £11.70, 5-6 hours £13.90, 6-7 hours £16.10, 7-8 hours £18.30, 8-9 hours £20.50, 9-10 hours £23.00.

### By Train

The main station is **Charing Cross**, which is just around the corner to Bath Street and The ALLIANCE entrance. The [Trainline Journey Planner](#) can help you plan your train journey to the course. Exit the station and walk north on Elmbank Gardens, turn right to stay on Elmbank Gardens, turn left to stay on Elmbank Gardens and the turn left onto Bath Street and the building is a few yards on your left.

### By Bus

The following bus routes stop outside the Kings Theatre on Bath Street (just along from The ALLIANCE entrance): 3 simpliCITY, 4 simpliCITY, 4 simpliCITY and other bus routes can be sources from these links [www.firstgroup.com/greater-glasgow](http://www.firstgroup.com/greater-glasgow)  
[www.westcoastmotors.co.uk/glasgow-citybus/](http://www.westcoastmotors.co.uk/glasgow-citybus/)  
[www.mcgillsbuses.co.uk](http://www.mcgillsbuses.co.uk)

### By Bike

Bike racks are available in the area.