

## **FREE PLACES REMAINING!**

Derbyshire County Council Public Health are pleased to be able to offer free access to 2 Mental Health First Aid (MHFA) courses delivered in British Sign Language (BSL) and 1 Mental Health First Aid (MHFA) delivered with the support of a palantypist.

### **Places on these courses are ringfenced for people from the Deaf and Hard of Hearing community in Derbyshire.**

To attend one of the BSL courses participants must communicate in British Sign Language (BSL).

To attend one of the Palantypist courses participants must require the support of a palantypist.

This training course teaches individuals how to identify, understand and help someone who may be experiencing a mental health issue.

This course is suitable for individuals whose role may include provision of support to adults who may have emotional distress, be at higher risk of mental health difficulties, or who have experience of mental health problems.

Participants must be over 18 to attend.

We may have to restrict the number of attendees from each organisation if demand is high.

[DCC Adult Mental Health First Aid Course starting on 3 March 2025 in British Sign Language](#) – as of 28 January there are 8 places remaining.

[DCC Adult Mental Health First Aid Course starting on 3 March 2025 with Palantypist Support](#) – as of 28 January there are 9 places remaining.

[DCC Adult Mental Health First Aid Course starting on 10 April 2025 in British Sign Language](#) – as of 28 January there are 4 places remaining.

Mental Health information for Deaf, Deafblind and Hard of Hearing can be found on the Derby and Derbyshire Emotional Health and Wellbeing website <https://derbyandderbyshireemotionalhealthandwellbeing.uk/deaf-deafblind-hard-of-hearing>

Thanks

James Creaghan

Public Health Lead for Mental Health and Suicide Prevention