

TLA INVITES YOU TO

# Mental Health First Aid Training

## ONLINE INFORMATIONAL SESSION



AN EVIDENCE-BASED COURSE TO BECOME AN ACCREDITED MENTAL HEALTH FIRST AIDER, WHILE INCREASING MENTAL HEALTH LITERACY IN THE UAE.

JOIN US FOR AN INFORMATIONAL SESSION TO LEARN ABOUT THE TRAINING OBJECTIVES FOR MENTAL HEALTH FIRST AID, AND HOW IT CAN IMPACT YOU, YOUR RELATIONSHIPS, COMMUNITY, OR ORGANIZATION.

This evidence-based course is recognized in more than 25 countries and is now offered in the UAE exclusively through The LightHouse Arabia. Mental Health First Aid Training is the equivalent of physical first aid training but for mental health. This is an accredited course for corporations, professionals working in HR, education, the public sector or healthcare, and individuals from the general public.

### WHO SHOULD ATTEND?

This informational session is ideal for:

- HR professionals
- Education professionals
- Healthcare professionals
- Parents
- Students
- Anyone who wants to learn more, in preparation for increasing their confidence and competence in supporting others with Mental Health First Aid.

### INFORMATIONAL SESSION WILL INCLUDE:

- An overview of what Mental Health First Aid entails
- Why it is important and relevant for you to be accredited
- What are the key and powerful benefits of MHFA training?
- Q & A discussion



**MENTAL  
HEALTH  
FIRST AID**  
UNITED ARAB EMIRATES

***Mental Health for  
Everyone, Everywhere***

### DATE & TIME

**Wednesday, March 8<sup>th</sup>, 2023  
6PM - 6.30PM**

This is open to Adults (18+ years)

#### RESERVATIONS:

[lighthousearabia.com/events](https://lighthousearabia.com/events)

#### LOCATION:

This is an online event.  
A link to the Zoom meeting will be sent following event registration.

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