

**WHAT PREVIOUS PARTICIPANTS HAVE SAID ABOUT MENTAL HEALTH  
FIRST AID training with Andy Kelly Face To Face:**

*“A brilliant course on the basics of mental first aid. Helped to understand how to help a person in the initial stages and how to refer to mental health professions for expert help.”*

*“Received Good knowledge on how to understand and recognise people with mental health (problems) as well as how to help them when they are in crisis”*

*“The content was great, the trainer was engaging, and it was all relevant and helpful in any setting, whether professional or private.”*

*“Surpassed my expectations. A lot of information given and resources provided for future reference.”*

*“Covers a wide variety of mental health issues and covers situations most people will deal with at least once.”*

*“Very engaging and opened my thoughts more on mental health and the different areas under this topic.”*

*“Very pleased that I did this course, gained a lot of knowledge and insight.”*

*“I’ve had many instructors who don’t seem to care as much about making sure everyone understands the course content. My absorption of content was definitely enhanced by Andy’s skills.”*

*“Andy was fantastic. Not only was he very knowledgeable and approachable, but he also gave context to the content using examples and scenario-based activities.”*

*“With a clearly experienced course leader who was able to back up theoretical situations with real practical examples.”*

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*“I thought this course covered a great deal in Mental health and I found it educational. There is a stigma with certain mental issues that are associated with them, however with more education on this I can see differences in how I view these. Great course.”*

*“It was a fantastic and confronting course that is needed for the work (and society) we live in today.”*

*“I found the course extremely interesting and beneficial both personally and professionally. The topic of mental health is such a vast one and to be able to understand and speak a little more confidently about various disorders and how to identify as to whether someone may be showing signs of a mental health disorder is extremely important.”*

*“Informative, relevant, providing me with confidence and knowledge to help administer Mental Health First Aid.”*

*“I found the course informative and helped me view mental illness in the same way as any illness. It helped reduce my fear of approaching and talking to people with mental illness and gave some insight into their lives.”*

*“The course was eye-opening and very relevant to my work.”*

*“The instructor was quite knowledgeable about the subject. It was a very interactive session, full of practical examples. Lots of resources were provided which was quite useful.”*