

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*

FREQUENCY

Monthly, 30 minutes

Suitable for Adults (18+ years)

RESERVATIONS:

lighthousearabia.com/events

LOCATION:

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

821 Al Wasl Rd
Al Safa 2
P.O. Box 334273
Dubai, UAE

T. +971 (0)4 380 2088
E. info@lighthousearabia.com

[@lighthousearabia](https://www.instagram.com/lighthousearabia)



THE LiGHTHOUSE
CENTER FOR WELLBEING

lighthousearabia.com