


# CERTIFICATE OF ATTENDANCE

## Colin Gardener

has attended the Youth MHFA course.

This course teaches skills for providing initial help to young people experiencing mental health problems such as depression, anxiety disorders and psychosis.

Completed the Youth MHFA course on: 25/07/2013



Poppy Jaman  
National Director for Mental Health First Aid England

MHFA was developed by Betty Kitchener and Professor Anthony Jorm at the centre for Mental Health Research at ANU, Canberra, Australia.

We help to improve services and achieve better outcomes for children and families, adults and older people including those with mental health problems, physical or learning disabilities or people in the criminal justice system.

