



# IMPOSSIBLE



## Archive for January, 2016

### HEALTH FIRST AID FOR THE ARMED SERVICES COMMUNITY

JANUARY 28TH, 2016



#### HEALTH FIRST AID FOR THE ARMED SERVICES COMMUNITY

Members of the Depththerapy Team took part in a day course run by Richard Castle one of our Patrons. Mental Health First Aid for the Armed Services Community is tailored towards the identification of mental health issues in those we work with on our programmes.

There are four core elements to the programme –

Section One – Mental Health First Aid for the Armed Services Community

Section Two – Suicide and Depression

Section Three- Self Harm, Eating Disorders and Psychosis

Section Four – Anxiety Disorders which includes TSD

The course is a mix of taught, videos, some of which are really potent and exercises.



The Team

The two really intense days of study were held at Coral Cay's HQ in Farnham thanks to one of our other Patrons **Alistair Cole**.

In the Photo – left to right **Jonathan Paul Etches** (DE Instructor), Dr Oli Firth (Depththerapy Advisory Board and London Diving Chamber), **Richard Cullen** (Chairman), Simon Davey (Patron), Dot (**Dorothy**) **Eaton**(Patron), **Stuart Green** (DE DM), **Richard Castle** (our tutor), **Daimon Haywood** (Board Member), **Dickie Henderson** (DE Support Diver and Medic) ,**Andy Alfred** (Board Member), **Martin Weddell** (Board Member)

The course will equip the Team to provide even more help and support to our programme members.

First class course, first class board meeting, first class company. Thanks from all of us to **Richard Castle**

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