

## **Mental Health First Aid Champion (MHFA) - 1 day**

### **Course Overview:**

Mental Health First Aid (MHFA) England has developed evidence-based courses which are grounded in research and have been rigorously tested. The purpose of the courses is to raise awareness of mental health issues, reduce the stigma surrounding mental health and to empower people with the knowledge and skills required to support those who are in need.

This one-day course qualifies you as a Youth MHFA Champion, enabling them to:

- Have an understanding of common mental health issues.
- Have the ability to spot the signs of mental health
- Possess the skills to support positive wellbeing

### **Course Requirements:**

The MHFA England courses are suitable for those who have an interest in mental health and wellbeing and who want to be a part of reducing the stigma attached to mental health issues.

### **Course Assessment:**

The courses are not formally assessed; however, delegates are expected to actively participate during the day. On completion a Youth Mental Health Champion certificate will be awarded.

Everyone who completes the one-day course will be provided with:

- A comprehensive manual to refer to whenever you need it
- A quick reference card for the Mental Health First Aid action plan
- A workbook including a helpful toolkit to support your own mental health

### **Cost:**

£200 per delegate, corporate bundles available.

### **Contact us for advice, more information or to book a course:**

Or you can visit our website [www.mhwsolutions.co.uk](http://www.mhwsolutions.co.uk)

Email us at [enquiries@mhwsolutions.co.uk](mailto:enquiries@mhwsolutions.co.uk)

Call us on 07776 912631 or 07735 498348

