

Become a Mental Health First Aider (MHFA) - 2 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. Mental Health First Aiders will be able to spot the signs of mental health and have the confidence to offer first aid support.

This two-day course qualifies learners as a Mental Health First Aider enabling them to:

- Have an in-depth understanding of mental health and the factors that can affect wellbeing.
- Have the practical skills to spot the triggers and support a person in distress.
- Enhance their interpersonal skills such as non-judgmental listening.
- Increase their knowledge to help someone recover their health by guiding them to further support – whether that's self-help resources, through their employer, the NHS, or a mix.

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 Mental Health First Aid England certificate will be awarded.

Everyone who completes the two-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: £300 per delegate, corporate bundle rates available

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

Or you can visit our website www.mhwsolutions.co.uk

Email us at enquiries@mhwsolutions.co.uk

Call us on 07776 912631 or 07735 498348



