

Mental Health Courses

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

MHFA won't teach you to be a therapist, but just like physical first aid it will teach you to listen, reassure and respond, even in a crisis.

Adult MHFA courses are for everyone aged 16 upwards. Every MHFA course is delivered by a quality assured instructor who has attended an Instructor Training programme accredited by the Royal Society for Public Health, and is trained to keep people safe and supported while they learn.

WHO IS THE COURSE FOR?

Anyone – and everyone – who wants to become a Mental Health First Aider / Have an understanding in recognising some of the symptoms of mental health e.g. stress, anxiety etc and have coping mechanisms to deal with them.

Research and evaluation shows that taking part in a MHFA course:

- Raises awareness and mental health literacy.
- Reduces stigma around mental ill health.
- Boosts knowledge and confidence in dealing with mental health issues.
- Promotes early intervention which enables recovery.

BENEFITS FOR YOUR BUSINESS

Peace of mind from training that's designed and quality-controlled by Mental Health First Aid England:

Minimal disruption to working days and shifts – the programme is delivered in just 2 days.

- The course can be delivered to suit your company needs e.g. weekends, evenings and we can even come to your workplace.
- Enjoyable and thought-provoking facts and case studies, to help reinforce learning throughout the course.
- Each module is backed by scenarios from genuine work situations. The course includes interactive games and quizzes, helping delegates to learn in a refreshingly informal way.
- Gaining knowledge from our tutors who have years of experience.

WHAT THE COURSES COVER

- Showing your employees that you do care about their wellbeing,

Two Day - Mental Health First Aiders - A practical skills and awareness course designed to give you:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own.
- Practical skills to spot the triggers and signs of mental health issues.
- Confidence to step in, reassure and support a person in distress.
- Enhanced interpersonal skills such as non-judgemental listening.
- Knowledge to help someone recover their health by guiding them to appropriate support.

One Day - MHFA Champions - Awareness and skills course which will teach you to:

- Recognise the main signs and symptoms of common mental health issues
- Provide initial support
- Guide a person towards appropriate professional help
- Be mindful of your own wellbeing
- Develop an understanding of how you can create and maintain a healthier workforce or community.

Half Day - Mental Health Aware

An introductory course designed to increase mental health awareness and give an understanding of how to look after wellbeing and challenge stigma.

When you complete your course you will get a certificate of attendance and a manual to keep and refer to whenever you need it.

Course Costs

2 Day Course - £240PP – includes registration / workbook & manual / lunch and refreshments

1 Day Course - £140pp - includes registration/workbook & manual / lunch and refreshments

1/2 Day Course - £100pp - includes registration / workbook / manual / refreshments