

# MENTAL HEALTH AWARE MENTAL HEALTH FIRST AID ENGLAND



## COURSE OVERVIEW

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This online virtual learning course is aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.



## WHO IS THIS COURSE FOR?

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Anyone wanting to understand more about mental health and gain a basic knowledge and understanding of some of the common issues surrounding mental

## BY THE END OF THE COURSE YOU WILL HAVE

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- Understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue





## DURATION & COST

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This is a half day course delivered either face to face or via online video conferencing. Learning takes place through a mix of presentations, group discussions and workshop activities. We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn.

£125 per person

