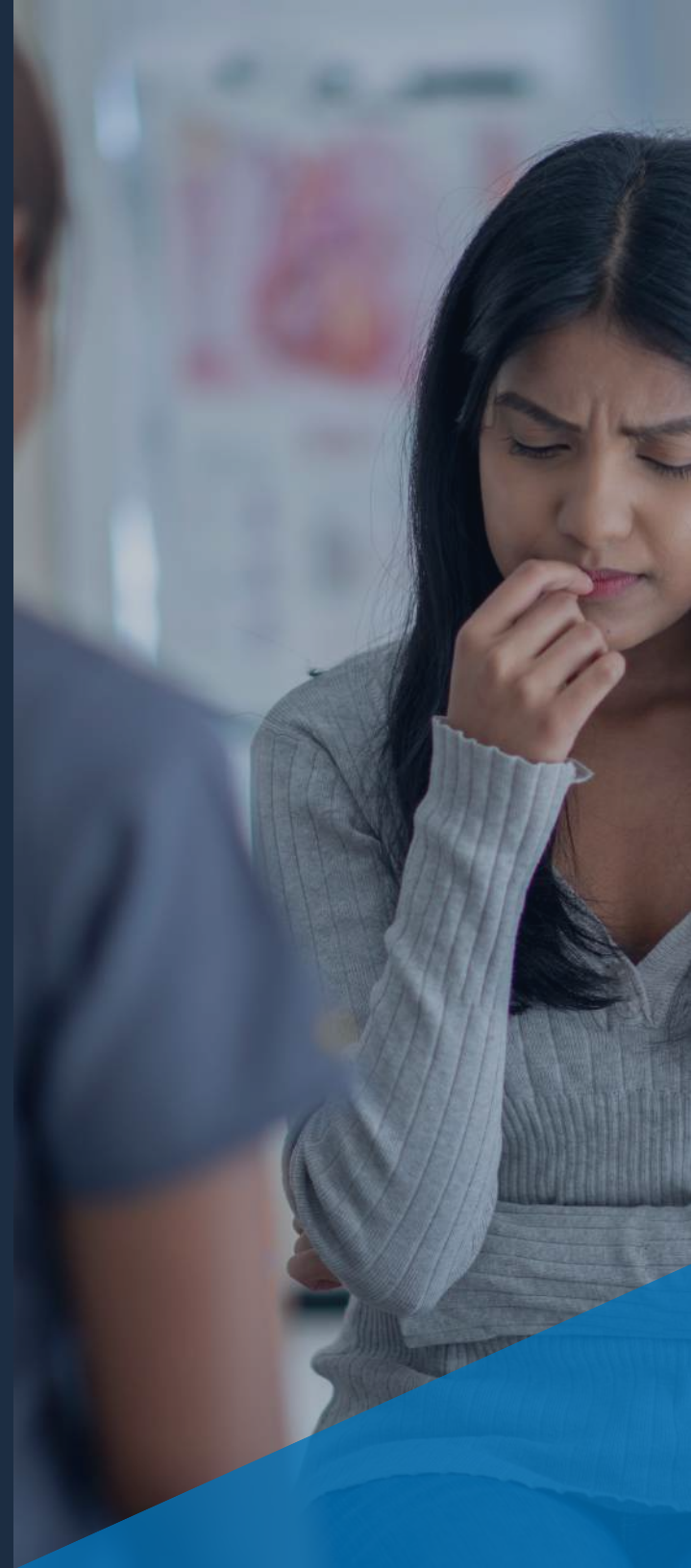


MENTAL HEALTH FIRST AID – MENTAL HEALTH ENGLAND



COURSE OVERVIEW

This course has been designed for those who are looking to gain an in depth understanding of mental health and the factors that can affect wellbeing.



BY THE END OF THIS COURSE YOU WILL HAVE

- An in-depth understanding of mental health and the factors that can affect wellbeing
- 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 further support - whether that's self-help resources, through their employer, the NHS, or a mix





WHO IS THE COURSE FOR?

- Coaches and volunteers in sport
- Those delivering physical activity sessions
- Local community activators (working for example in disabled people's organisations, community interest charities, housing sector and scout/guide groups)
- Health and care professionals
- Employees in a work place environment

DURATION & COST

This course is delivered through the MHFA England Online Learning Hub. Learning takes place through four live training sessions, spread across two weeks with self-learning activities in between.

Each session is built around a mental health first aid action plan . We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

£300 pp

