

# Adult MHFA



Two Day



One Day



Half Day

# Mental Health First Aid starts with you

Learn more at [mhfaengland.org](https://mhfaengland.org)



MHFA England

## 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 our Instructor Training programme accredited by the Royal Society for Public Health, and is trained to keep people safe and supported while they learn.

## What will I learn?

Learning takes place through a mix of group activities, presentations and discussions. What you learn will depend on the length of course you attend:

### 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

An 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 - MHFA 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 an MHFA manual to keep and refer to whenever you need it.

## How will attending an MHFA course help?

Research and evaluation shows that taking part in an 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

**To learn more or book a course, please contact:**