



MHFA England

Mental Health First Aid

What is it?

This is a 2-day mental health first aid course delivered by an MHFA England registered trainer. It includes; how to support someone in a crisis situation, when and where to signpost to support and how to keep yourself safe in your role as MHFA. It also covers several mental illnesses, and how to spot signs and symptoms of these.

This course is aimed at:

- Parents, Teachers, Careworkers - anyone involved in working around individuals
- Workplaces - Aimed at all employees, this course is suitable for anyone looking to help implement better mental wellbeing practices within the workplace
- Individuals - Anyone who is looking for a better understanding of mental health and how they can support those struggling

How is it delivered?

This course can be delivered online via zoom, or face to face either in one of our settings, or your own school or workplace.

How do you complete the course?

The course is interactive with group and individual activities throughout. To complete the course, you must show a good level of participation and show understanding through answering questions during the session and complete all additional homework activities. Upon completion, you will receive a certificate from MHFA England.

Course Outcomes

At the end of the course, you will be able to:

- Define mental health and understand different things that can affect someone's mental wellbeing
- Identify signs of various mental health issues using the techniques and skills discussed
- Confidently reassure and support someone who is in distress
- Signpost individuals to appropriate support and resources where necessary

Cost

Contact us for pricing – discounts are available for group bookings of 6-12 people.

enquiries@shawmind.org or call **01636 600830**