

Mental Health First Aid (MHFA)

Learn how to recognise and respond to the signs and symptoms of a range of mental health conditions. Equip your staff to help others in a crisis with MHFA training.

Group booking options:

Delivery:

Face-to-face
Remote

Participants:

6 to 16
6 to 16

Duration:

Two full days
15 hours (over four sessions)

Equip colleagues with the knowledge, skills and confidence to deal sensitively and professionally with people experiencing mental health issues

Ensure employees have access to the right support in a mental health crisis

Two-day / four-session course for up to 16 people

Address mental health stigma and wellbeing in the workplace and show that your organisation takes mental health seriously with our Mental Health First Aid (MHFA) course.

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

What you'll learn

- What mental health is, with an overview of conditions
- How to respond in a crisis and look after somebody until they can access professional help
- Addressing mental health stigma and promoting early intervention and positive wellbeing

Who this course is for

Individuals interested in the topic and prepared to be proactive in using their skills.



The training delivered helped me understand issues around mental health that we don't normally recognise. Great course and the take-away material is detailed and professional. The trainer gave great energy.



Gareth, Warburtons

Course summary

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

MHFA does not teach you to diagnose or treat conditions or provide counselling. But, as with physical first aid, you will learn how to respond in a crisis and look after the person until they can access professional help. It also addresses mental health stigma and promotes early intervention and positive wellbeing.

The course is split into four sessions and covers depression, suicidal crisis, anxiety, psychosis, schizophrenia, bipolar disorder, self-harm and other relevant conditions and issues.

Treatment, recovery and relevant resources are discussed for each condition – along with action planning for MHFA.

Each delegate will get direct access to a fully qualified First Aid for Mental Health Trainer and Assessor throughout, along with access to the learning hub, a manual to refer to and a workbook and toolkit to complete tasks before each session.

They will also get a certificate of attendance to show they are a Mental Health First Aider.

MHFA training courses were first developed in Australia in 2001. In the years since, it has evolved into a global movement with licensed programmes in 25 countries and counting. More than three million people have been trained in MHFA skills worldwide.

About us

We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to effectively support colleagues and individuals with a disability or health condition.

Get in touch

To book, for more information or for a tailored quotation, contact us:



0300 456 8113



training@healthmanltd.com