MENTAL HEALTH FIRST AID TRAINING COURSE

Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

This course qualifies you as a Mental Health First Aider, giving you:
• 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.

Role profile:
This course does not teach people to be therapists or how to diagnose mental health conditions. Instead, your role is to act as a point of contact and reassurance for a person who may be experiencing a mental health issue or emotional distress.

Once qualified, you will be encouraged to refresh your skills every three years via a MHFA England Refresher course.

Materials:
Course materials are provided to all delegates. The materials include a large manual, activities workbook and a quick reference guide.

Course dates:
This online course will be split across four live sessions on Zoom (2.5 hours each), dates below:

• Live session 1: Wednesday 9th February 2022 @ 09:30 - 12:00
• Live session 2: Friday 11th February 2022 @ 09:30 - 12:00
• Live session 3: Wednesday 16th February 2022 @ 09:30 - 12:00
• Live session 4: Friday 18th February 2022 @ 09:30 - 12:00

Independent learning activities:
In between sessions, delegates are required to complete independent learning activities on our online activity hub. Activities and their estimated completion time have been listed below.

• Prior to live session 1 (1 hour): Introduction & Activities 01 – 04
• Prior to live session 2 (2 hours): Activities 05 – 10
• Prior to live session 3 (2 hours): Activities 11 - 17
• Prior to live session 4 (2 hours): Activities 18 – 21