



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:** Tuesday 15th March 2022 @ 09:30 - 12:00
- **Live session 2:** Friday 18th March 2022 @ 09:30 - 12:00
- **Live session 3:** Tuesday 22nd March 2022 @ 09:30 - 12:00
- **Live session 4:** Thursday 24th March 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