



MHFA England



Equality and Diversity UK
www.equalityanddiversity.co.uk

Mental Health First Aid

Half day training course and certification



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MHFA aware

This 4-hour course raises awareness of mental health, teaches basic skills in how to start a mental health conversation and provides a toolkit on how to look after your own mental health.

It covers:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue



Course content:

- What is mental health?
- Mental Health Continuum
- Factors that affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress

Mental health conditions:

- Depression
- Anxiety disorders
- Psychosis
- Eating disorders
- Suicide
- Self-harm
- Recovery



Course content

- Take 10 Together - starting a supportive conversation
- Supporting mental health in the workplace
- Useful statistics
- Helpful resources



Takeaways:

Everyone who completes the course gets:

- A certificate of attendance to say you are Mental Health Aware
- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health



Dates:

- Thursday 20th March
- Friday 16th May
- Wednesday 16th July
- Thursday 18th September
- Monday 10th November

Cost:

- Network members: £75
- Non-Network members: £395

Cost includes MHFA Workbook

Booking Form

<https://www.surveymonkey.com/r/MHFA-training-booking-form>

