



Mental Health First Aider

Duration : 2 days

Course Overview

Train as a Mental Health First Aider (MHFAider®) and receive three years of certification, plus access to ongoing benefits.

This course is ideal for individuals who would like to become an MHFAider® to gain the knowledge and skills to spot signs of people experiencing poor mental health, be confident to start a conversation and signpost a person to appropriate support.

In addition to the course, you will become part of the largest MHFAider® community in England, gaining access to resources, ongoing learning and 24/7 digital support through our MHFAider Support App®, to give you the tools and knowledge you need to carry out the role effectively and confidently, whether that be in your workplace, a volunteer role, or in the community.

Objectives

As an MHFAider® you will be able to:

- Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention
- Encourage a person to identify and access sources of professional help and other supports
- Practise active listening and empathy
- Have a conversation with improved mental health literacy around language and stigma
- Discuss the MHFAider® role in depth, including boundaries and confidentiality
- Practise self-care
- Know how to use the MHFAider Support App®
- Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England

Format

- Online or face-to-face course structured across four flexible sessions. Each session is a maximum of 3hrs 45mins and sessions can be delivered within a two week period.
- Learners will be trained over four live sessions with an MHFA England Instructor Member, covering 14 hours of content in total.
- Learning takes place through a mix of instructor led training, group discussions, individual and group activities.
- Each session builds on the previous, enabling the learner to gain confidence in supporting others with a Mental Health First Aid action plan.
- We limit numbers to 16 people per course so that instructors can keep people safe and supported while they learn.
- We strive for all of our learning content to be as accessible and inclusive as possible.

Takeaways

Everyone who completes this course gets:

- A hard copy workbook to support their learning throughout the course
- A digital manual to refer to whenever they need it after completing the course
- A wallet-sized reference card with the Mental Health First Aid action plan
- A digital MHFAider® certificate
- Access to the MHFAider Support App® for three years
- Access to ongoing learning opportunities, resources and exclusive events
- The opportunity to be part of the largest MHFAider® community in England