



Mental Health First Aid

(Two Day session)

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

MHFA won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis.

Adult MHFA courses are for everyone aged 16 upwards. Every MHFA course is delivered by a quality assured instructor who has attended MHFA England Training Programme accredited by the Royal Society for Public Health, and is trained to keep people safe and supported while they learn.

What will I learn?

Learning takes place through a mix of group activities, presentations and discussions. The Two Day Mental Health First Aiders course is a practical skills and awareness course designed to give you:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- 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 appropriate support

How will attending an MHFA course help?

Research and evaluation shows that taking part in an MHFA course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

Open Access Dates

This course is available to book individual places on the following dates:

Next course dates to be announced

About

Length: Two Days (4 x half days online)

Number of learners: Max 16

Price (subsidised by Wirral Mind: £200.00 per person (RRP is £325.00 per person)

All training includes hard copies of course materials posted ahead of the training. Please allow at least 10 days notice before attending the course. Materials are not available online and are required to participate in the training.

(Half Day Refresher)

We believe that mental health should be treated equally to physical health. And just like physical first aid, Mental Health First Aid training should be kept up to date.

If you're a Mental Health First Aider or MHFA Champion, take the MHFA Refresher course every three years to:

- Keep your awareness of mental health support current
- Update your knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan

This is a four hour session with a mix of presentations, discussions and activities

So if its time to update your skills, book onto the MHFA Refresher now and feel confident you're performing your vital role safely.

Open Access Dates

This course is available to book individual places on the following dates:

Next course dates to be announced

About

Length: Half Day (4 hours)

Number of learners: Max 16

Price (subsidised by Wirral Mind): £75.00 per person (RRP is £150.00 per person)

All training includes hard copies of course materials posted ahead of the training. Please allow at least 10 days notice before attending the course. Materials are not available online and are required to participate in the training.