



Mental Health First Aid (MHFA) Aware



Introduction

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health. This course is an introduction to the issues surrounding mental health and aims to promote awareness, tackle stigma and empower delegates to recognise signs and symptoms.



Course Duration

SSG offer this course over four hours.



Who Should Attend

This course is designed for delegates at any level in an organisation.



Course Programme

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues and factors which can affect mental health
- An introduction to looking after your own mental health
- Stress and stress management and spotting the signs of distress
- Confidence to interact with someone in distress or who may be experiencing a mental health issue
- Take 10 Together – starting a supportive conversation
- Mental health toolkit
- Insight into the two-day course and the benefits of becoming a Mental Health First Aider



Certification and Assessment

This course is certified by MHFA England.



Suggested Follow on and Complementary Courses



Adult Mental Health
First Aid



IOSH Managing Occupational
Health and Wellbeing



IOSH Supervising
Safely