



Mental Health First Aid

Training course

This two-day course, delivered by a certified Mental Health First Aid England Instructor, trains and certifies individuals as Mental Health First Aiders, providing them with an in-depth understanding of mental health and the factors that can affect wellbeing.

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health by improving understanding, teaching people to responsibly identify and address a potential mental illness.

When more people are equipped with the tools they need to start a dialogue, more people can get the help they need. Mental Health First Aiders can even save lives.

[View our training course](#)

Aim: To gain the necessary knowledge and skills to spot signs of people experiencing poor mental health and be confident enough to start a conversation and guide a person to appropriate support.

Delivery options

This training can be delivered **virtually or face to face, over 2 days by a registered MHFA England trainer.**

Outcomes:

Following attendance at this training, delegates will be able to;

- ✓ Have the confidence to step in, reassure and support a person in distress
- ✓ Apply enhanced interpersonal skills, such as non-judgemental listening
- ✓ Use the knowledge gained to help someone recover their health by guiding them to further support
- ✓ Be able to spot the triggers and signs of mental health issues
- ✓ An **MHFAider® certificate** will be provided to all delegates who complete the course.



MHFA England

Here is how Mental Health First Aid training can benefit your organisation:

- Increased awareness and understanding of mental health issues can help reduce stigma, increase empathy, and create a more supportive workplace culture
- Improved productivity and employee wellbeing by helping employees manage stress, build resilience and develop coping strategies, leading to increased job satisfaction
- Reduce absenteeism and presenteeism
- Enhanced reputation: companies that invest in MHFA training demonstrate a commitment to employee wellbeing and social responsibility, which can enhance their reputation and attract and retain top talent.



Contact our enquiry team on **0121 629 1165**
or visit: **www.bhsf.co.uk/mental-health-support-training**