



# One Day MHFA Champions

## What is Mental Health First Aid?

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 our Instructor Training programme accredited by the Royal Society for Public Health and is trained to keep people safe and supported while they learn.

## How will attending an MHFA course help?

Research and evaluation show 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

## Course covers:

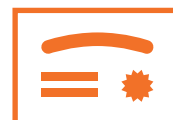
An awareness and skills course which will teach you to:

- Recognise the main signs and symptoms of common mental health issues
- Provide initial support
- Guide a person towards appropriate professional help
- Be mindful of your own wellbeing
- Develop an understanding of how you can create and maintain a healthier workforce or community



### Duration:

1 day face to face  
2 x 4 hour virtual sessions



### Certificated:

MHFA England

To learn more or book a course, please contact:  
Jo Dean via email on [training@mcwnss.co.uk](mailto:training@mcwnss.co.uk)