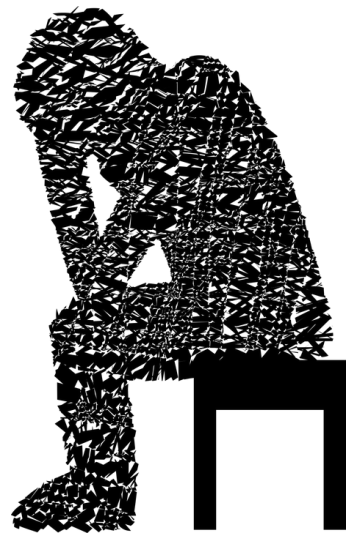


MENTAL HEALTH FIRST AID (MHFA)



Learn how to confidently approach and help people experiencing mental health challenges.

Mental health challenges are common. Many people don't ask for help, know who to turn to, and are told that professional help is often at the end of a long waiting list. Investing in this learning will give you a 3-year certificate in MHFA, but knowledge and skills for life.

MENTAL HEALTH FIRST AID
is delivered as a 2-day
face-to-face workshop.

It is the only
internationally accredited
MHFA programme, now
available in 24 countries.

What you'll learn

- What is mental health?
- What is mental health first aid?
- Depression
- Non-suicidal self-injury
- Anxiety
- Panic attacks
- Traumatic events
- Psychosis
- Substance abuse

What you'll be able to do

- Identify triggers and signs
- Be confident to approach and assist
- Know what support systems are available
- Increase their ability to listen non-judgementally
- Increased ability for personal mental health self-care

You'll gain practical skills to identify triggers and signs of people suffering from a mental health issue, and have the confidence to assist someone in distress.

Debi Higson

*Specialist in training &
coaching people at work*

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BE MORE. BE BETTER. BE INSPIRED.