

# Workplace MHFA Two Day



## Overview

Our two day course qualifies you as a Mental Health First Aider. Mental Health First Aiders have:

- An in depth understanding of mental health and the factors that can affect wellbeing
- 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-judgmental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

Through a mix of group activities, presentations and discussions, each session is built around a Mental Health First Aid action plan.

Everyone who completes the course will receive an MHFA manual to keep and refer to whenever they need it, and a certificate to say they are a Mental Health First Aider.

## Ready to discuss training for your organisation?

Contact us to discuss in-house training options.