



2-Day Nationally Accredited Mental Health First Aid Course

What is Mental Health First Aid Training?

Mental Health First Aid (MHFA) is the non-professional support offered to a person developing poor mental health, experiencing a worsening of an existing mental health condition or in a mental health crisis. This can include in a work, home, or community setting.

By choosing MHFA England training, you are joining England's largest community of Mental Health First Aiders (MHFAiders®) and helping to improve the mental health of the nation. On your course you will gain the knowledge and skills to spot the signs of a person experiencing poor mental health, the confidence to start a conversation and the tools to signpost to appropriate support.

This training is made up a series of four interactive sessions over two days and can be delivered both in-person and online. These sessions include group activities, case studies, discussion, and skills practice. Upon completion, you will receive a certificate, workbook, MHFA lanyard and special email signature! You can find more information about the role of a Mental Health First Aider in the attached document.

Why Mental Health First Aid?

- 91% of people had a better understanding of mental health after completing their MHFA England course
- Since MHFA England was founded in 2007, our Instructor Members have trained hundreds and thousands of MHFAiders
- All MHFA England Instructor Members are accredited by the Royal Society of Public Health, meaning you can expect a quality assured and consistent training experience
- We are committed to improving the mental health of the nation



Everyone who completes this course receives:

- A copy of the workbook to support their learning throughout the course
- A green MHFA lanyard containing a wallet-sized reference card with the Mental Health First Aid action plan
- A digital manual to refer to whenever they need it after completing the course
- A digital MHFAider® certificate
- The opportunity to be part of the largest MHFAider® community in England join the Association of Mental Health First Aiders, England's first and only membership body for Mental Health First Aiders. Members will receive exclusive access to a wide range of resources, from training and qualifications to events and research. This includes:
 - The MHFAider Support App®. Access to features such as a 24/7 text support service, signposting to a national database of health services, and insights that teach critical self-care skills
 - Access to the MHFA England Online Learning Hub. This includes resources such as course manuals and MHFAider® guides
 - First-hand insights. Learn from real people sharing their honest and lived experiences of mental health conditions
 - Online networking. Invites to exclusive quarterly webinars to help your MHFAiders carry out their role with confidence, skill, and care
 - Monthly newsletters. MHFAiders will be kept up to date with all the latest news from our community

How much does it cost?

As we are a local Mind network, we are able to provide the MHFA 2-day course for a lower cost. Typically, MHFA charge £325 per attendee (working out at £5200 for 16 attendees).

We can provide the training to a group of maximum 16 individuals at £3200.

We can also provide this training to individuals as an online training we run every few months at a cost of £199.99 per person.