



### **What is Mental Health First Aid?**

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach you how to spot the signs and symptoms of mental health conditions and provide help on a first aid basis. The course is delivered by a quality assured instructor and can be attended by people aged 16 upwards. **Course size 16 places.**

### **How is MHFA used to support staff?**

The course will:

- Give a deeper understanding of the issues that impact on and relate to people's mental health
- Teach practical skills that can be used every day, including being able to spot the signs and symptoms of mental health issues and feel confident guiding people towards appropriate support.
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### **Independent research and evaluation shows that taking part in an MHFA course:**

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health and feel confident guiding people towards appropriate support
- Boosts knowledge and confidence in dealing with mental health issues
- Encourages people to start a conversation with a person who may be experiencing a mental health issue
- Promotes early intervention which enables recovery MHFA won't teach you how to be a therapist, but you will be able to say you're a Mental Health First Aider.

### **What will I learn on a two day MHFA course?**

Action To Prevent Suicide deliver MHFA courses, through our team of freelance accredited MHFA trainers. In four manageable chunks, each with a focus on how to apply Mental Health First Aid skills.

**Cost ; £220 Per Head\* \*Dependent on location or venue . Please call 01803226227 for more information or email [info@actiontopreventsuicide.org](mailto:info@actiontopreventsuicide.org)**