



MHFA England

Mental Health First Aid England Mental Health Aware Half Day Online Course

The Mental Health First Aid England half day online course is an introductory four hour session to raise awareness of mental health.

It is designed to give you:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

What to expect

Learning takes place through a mix of presentations, group discussions and activities. We limit numbers to 12 people per course so that the instructor can keep people safe and supported while they learn.

Everyone who completes the course gets:

- A manual to refer to whenever you need it

- A workbook including a helpful toolkit to support your own mental health
- A certificate of attendance to say you are Mental Health Aware

Course Outline

What is mental health?

Mental Health Continuum

Factors which affect mental health

Stigma

Stress and stress management

Spotting signs of distress

Mental health conditions:

Depression

Anxiety disorders

Psychosis

Eating disorders

Suicide

Self-harm

Recovery

Take 10 Together - starting a supportive conversation

Supporting mental health in the workplace

Useful statistics

Helpful resources

Cost

MHFA England value this course at £125 per person.

The Ukie member discounted fee - £75 per person.

Non-members - £95 per person

This course is delivered by Mind Fitness Training. Our instructors are Mental Health First Aid England trained and approved.