



WESTON  
COLLEGE



MHFA England

# MENTAL HEALTH FIRST AID

[www.weston.ac.uk/MHFA](http://www.weston.ac.uk/MHFA)

## What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course that teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. MHFA won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis.

Adult MHFA courses are for everyone aged 16 upwards. Every MHFA course is delivered by a quality-assured instructor who has attended our training programme accredited by the Royal Society for Public Health.

## How will attending an MHFA course help?

It will:

- Raise awareness and mental health literacy
- Reduce stigma around mental ill health
- Boost knowledge and confidence in dealing with mental health issues
- Promote early intervention, which enables recovery.

## How will I learn?

This is a two day course where you will learn through a mixture of group activities, presentations and discussions.

## What will I learn?

This is a practical skills and awareness course designed to give you:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- 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 listening without judging
- Knowledge to help someone recover their health by guiding them to appropriate support
- The course costs from £275 per delegate, special rates can be considered for groups more than 5.
- The College can deliver in your setting if this is more convenient to you.

## Contact Georgie

Lead Specialist Mental Health Practitioner

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For further information

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