



Our Adult MHFA One-Day mental health awareness & skills course qualifies you as an Adult MHFA Champion.

MHFA Champions have:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

Cost

We value this course at **£100 per person.**

What to expect:

The course is delivered by an MHFA England Instructor Member.

Learning takes place through a mix of presentations, group discussions and workshop activities.

We limit numbers to 16 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 an MHFA Champion

Course Structure

Session 1

- About Mental Health First Aid
- About mental health and stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health
- Alcohol, drugs and mental health

Session 2

- Applying the Mental Health First Aid action plan
- Action 1: Approach the person, assess and assist with any crisis
- Suicide
- Action 2: Listen and communicate non-judgementally
- Action 3: Give support and information
- Action 4: Encourage the person to get appropriate professional help
- Action 5: Encourage other supports
- Recovery
- Building a mentally healthy workplace
- Action planning for using MHFA