

# Online Adult Mental Health Aware

In response to the government guidance around social distancing and working from home, this popular four-hour introductory session from Mental Health First Aid England has been adapted and can now be delivered remotely by our trainers. Please note that this course is currently only available online.

## Course Brief

This course raises awareness of mental health issues. It covers:

- 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 someone who may be experiencing a mental health issue

## Course Format

This is an online course delivered through the MHFA England Online Learning Hub.

The learning takes place through a mixture of live training sessions with our experienced trainers, and self-learning activities.

## Course Takeaways

Everyone who completes the course will receive:

- A certificate of attendance, stating that they are Mental Health Aware
- A manual to refer to whenever it's needed
- A workbook, including a helpful toolkit to support their own mental health

## Delivery Options

**Course Length:** 4 hours; learning takes place through live training sessions and self-learning activities

**Minimum and Maximum Delegate Numbers:** between 8 and 12 delegates

**Delegate Requirements:** Delegates must be 16 years of age or older.

**Setup Requirements:** Internet connection, sound, and video

**Delivery Mode:** Online training, hosted on a new Online Learning Hub from MHFA England

**Accessibility:** We strive to create courses and resources that everyone can access. When you book onto a course through the MHFA England website, please fill in the "Accessibility Requirements" section of the booking form and tell us what you need to access the course and materials.

**Course Fees:** contact [training@bristolmind.org.uk](mailto:training@bristolmind.org.uk) for a quote