

WORKPLACE MHFA HALF DAY

Our half day course is an introductory four hour session to raise awareness of mental health.

It is designed to give:

- 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 workshop activities. We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn.

Everyone who completes the course gets:

- An MHFA manual to refer to whenever they need it
- A workbook including a helpful toolkit to support their own mental health
- A certificate of attendance to say they are Mental Health Aware

Delivery options:

Four hours of training delivery

Maximum number: 25

Please contact training@bristolmind.org.uk for fees