

Online Adult Mental Health First Aid

In response to the government guidance around social distancing and working from home, MHFA England have created a Mental Health First Aid course which can be delivered remotely by our trainers. Online Mental Health First Aid offers the same learning outcomes as the face to face training, and every person who completes the course will be certified as a Mental Health First Aider. Please note that this course is currently only available online.

Course Brief

The Online Mental Health First Aid course is a blended approach of individual learning and four instructor-led live sessions, hosted on a new Online Learning Hub.

As a training course, Mental Health First Aid teaches people how to identify, understand, and help someone who may be experiencing a mental health issue, and also promote self-care as a vital way for people to help protect their mental health and prevent issues from getting worse.

Course Overview

This online course qualifies people as Mental Health First Aiders, giving them:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- 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 non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix

Course Format and Takeaways

This is an online course delivered through the MHFA England Online Learning Hub. Learning takes place through four live training sessions, spread across two weeks, with self-learning activities in between. Each session is built around a Mental Health First Aid action plan.

Delegates will also receive a suite of resources: a certificate of attendance to say they are a mental health first aider, a manual to refer to whenever it's needed, a quick reference card for the MHFA action plan, and a workbook - including a helpful toolkit to support their own wellbeing.

Delivery Options

Course Length: Four live training sessions, spread across two weeks, with self-learning activities in between. Total learning time: 15 hours.

Minimum and Maximum Delegate Numbers: between 8 and 12 delegates. Numbers are limited so that the instructor can keep people safe and supported while they learn.

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 on to 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: please contact training@bristolmind.org.uk for a quote