

WORKPLACE MENTAL HEALTH FIRST AID ONE DAY

Our one day mental health awareness and skills course qualifies you as an 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

We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

Through a mix of group activities, presentations and discussions, the course is built around a Mental Health First Aid action plan.

Everyone who completes the course gets an MHFA manual to keep and refer to whenever they need it, and a certificate to say they are an MHFA Champion.

You'll also get a copy of the Line Managers' Resource, an invaluable source of advice on how to support an employee experiencing mental ill health.

Delivery options:

One full day of training delivery

Maximum number: 16

Please contact training@bristolmind.org.uk for fees