



Mental Health  
First Aider

MHFA England

# Mental Health First Aider

2 day course delivered face-to face or  
online

£350 per learner, max 16 learners

£3500 Group price (16 learners)

includes donation to **Cavendish Cancer  
Care**

14hours of content; instructor led, group  
discussions & individual / group activities

## Why this course?

MHFAider® training is the mental equivalent to physical first aid. It's designed to raise awareness of mental health and reduce the stigma that can often surround mental health issues. The course equips people with the knowledge and confidence to support someone who is experiencing mental distress.

## Course Outcomes

As an MHFAider you will be able to:

- Recognise those experiencing poor mental health, provide with first-level support & early intervention
- Practise active listening & empathy
- Encourage others to identify & access professional help & support
- Practise self-care
- Have a conversation with improved mental health literacy

## Your Takeaways:

Participants of the course receive:

- Digital MHFAider® certificate
- Hard copy workbook & digital manual
- 3yr access to MHFAider® Support App
- Ongoing learning opportunities, resources & events
- MHFAider community member

## Your Trainer

Julie White is an MHFA®England instructor member, coach and trainer. She has many years HR and people management experience.