



Mental Health First Aider (MHFAider®)

The Mental Health First Aider (MHFAider®) course teaches people how to identify, understand and help someone who may be experiencing a mental health issue whether that be in your workplace, a volunteer role, or in the community.

Everyone who completes the course gets three years' certification and access to MHFAider® support and benefits which includes 24/7 digital support through the MHFAider Support App® which gives access to exclusive resources, ongoing learning opportunities and the benefit of joining England's largest community of trained MHFAiders®.

Course outcomes

- Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention.
- Encourage a person to identify and access sources of professional help and other supports.
- Practise active listening and empathy.
- Have a conversation with improved mental health literacy around language and stigma.
- Discuss the MHFAider® role in depth, including boundaries and confidentiality.
- Practise self-care.
- Know how to use the MHFAider Support App®
- Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England.

Format

Online or face-to-face course structured across four flexible sessions covering 14 hours of content in total.

Learning takes place through a mix of instructor led training, group discussions, individual and group activities.

Numbers are limited to 16 people per course so that instructors can keep people safe and supported while they learn.

We strive for all of our learning content to be as accessible and inclusive as possible.



Mental Health First Aid England Courses

Takeaways

Everyone who completes this course gets:

- A hard copy workbook to support their learning throughout the course.
 - A digital manual to refer to whenever they need it after completing the course.
 - A wallet-sized reference card with the Mental Health First Aid action plan
 - A digital MHFAider® certificate.
 - Access to the MHFAider Support App® for three years.
 - Access to ongoing learning opportunities, resources and exclusive events.
 - The opportunity to be part of the largest MHFAider® community in England.
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Becoming a qualified MHFAider®

Once you complete the Mental Health First Aid course, you can test your knowledge and build your confidence in your role as an MHFAider® with the internationally recognised MHFAider® qualification, RSPH Level 3 Award in Mental Health First Aid.

MHFA won't teach you to be a therapist, but it will teach you how to:

- Listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.
- Recognise warning signs of mental ill health and develop the skills and confidence to approach and support someone while keeping yourself safe.
- How to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through their gp, their school or place of work, online self-referral, support groups, and more.
- Support positive wellbeing and tackle stigma in the world around you.



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