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# Mental Health Champion

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This one day course trains you as an MHFA Champion.

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## Course outcomes

- 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.
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## Format

This is a one day course delivered either face-to-face or via online video conferencing.

Learning takes place through a mix of presentations, group discussions and workshop activities.

We limit numbers to 16 people per course so that the instructor 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.

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## Takeaways

Everyone who completes this course gets:

- A certificate of attendance to say you are an MHFA Champion.
- A manual to refer to whenever you need it.
- A quick reference card for the Mental Health First Aid action plan.
- A workbook including a helpful toolkit to support your own mental health.

