

MENTAL HEALTH FIRST AID



East of England
Ambulance Service
NHS Trust



Mental Health First Aid (MHFA) is a course which will teach you how to identify, understand and help someone who may be experiencing a mental health problem as well as skills to take care of your own wellbeing.

Course length: Half Day (4 hours), 1 Day or 2 Day

Awarding body: MHFA England

Max. number of delegates: 12

Course outline:

Half Day

- * An understanding of what mental health is
- * Basic knowledge of mental health issues
- * Looking after your own mental health
- * How to support someone in distress

One Day

- * Confidence to advocate for mental health awareness
- * Ability to spot signs of mental ill health
- * Skills to support positive wellbeing

Two Day

- * In depth understanding of mental health
- * Practical skills to spot the triggers/signs of mental ill health
- * Confidence to reassure and support a person in distress
- * Enhanced inter-personal skills
- * Knowledge to help someone recover



We can provide your organisation with an **on-site first aid needs assessment** and bespoke our teaching to focus on topics which are relevant to you. Our experienced tutors can create industry-specific scenarios which will reinforce learning and bring courses to life.

Our regional training centres are located in Norfolk, Suffolk, Cambridgeshire, Bedfordshire, Hertfordshire and Essex. Alternatively, we can teach courses conveniently at your premises.

FOR QUOTES & BOOKINGS CONTACT:

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EAST OF ENGLAND AMBULANCE SERVICE

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