



**\* Support included**

# Mental Health First Aid training



**Train as an MHFAider® and you'll get three years of MHFAider Support and Benefits to help you feel empowered and confident in your role.**

With MHFA England® training you will be accessing the very best evidence-based MHFA® course available. Our training is grounded in research and developed with clinical practitioners. It is proven to increase MHFAiders confidence in supporting people with mental health issues.

With our new offer, training doesn't stop when the course comes to an end. We provide continuous support for MHFAiders – well beyond your initial certification – so you are confident, empowered and motivated to carry out your role.

## Why become an MHFAider?

By training with us you will gain:

- A deeper understanding of mental health and the factors that can affect people's wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- The confidence to step in and support someone to recover their health by guiding them to appropriate support
- Three years of access to the MHFAider Support App® with 24/7 digital support
- Access to exclusive resources, ongoing learning opportunities, and the benefit of joining England's largest community of trained MHFAiders

## Why choose MHFA England training?

- 91% of people had a better understanding of mental health after completing their MHFA England course
- Since MHFA England was founded in 2007, our Instructor Members have trained hundreds and thousands of MHFAiders
- All MHFA England Instructor Members are accredited by the Royal Society of Public Health, meaning you can expect a quality assured and consistent training experience
- We are committed to improving the mental health of the nation

## Become a qualified MHFAider!

MHFA England has partnered with Royal Society for Public Health (RSPH) to create an internationally recognised MHFAider qualification. The RSPH Level 3 Award in Mental Health First Aid helps you embed your learning further. It is an opportunity to demonstrate your commitment to the role and your expertise as an MHFAider, whilst furthering your own development.

If you want to know more about how we can develop your mental health support skills, get in touch today.

**To learn more or book onto an MHFA course:**

