

## ADULT (MHFA) MENTAL HEALTH FIRST AID - MHFAider® Course

- Course:** Adult (MHFA) Mental Health First Aider Course  
Newly revised MHFA England programme (*Inclusive of 3 years of Support & Benefits*)
- Location:** Online via Zoom - Joining instructions are emailed in advance via a calendar invite.  
This course includes regular breaks to prevent online fatigue
- Materials:** A hard copy workbook is inclusive and to become a more sustainable organisation, MHFA England are now issuing the manual in [electronic form](#). Accessible versions are also available upon request.
- Cost:** [£200.00pp Subsidised/discounted rate](#) (Standard MHFA New England rate £325.00pp)

Train as a Mental Health First Aider (MHFAider®) and receive three years of certification, plus access to ongoing benefits.

This course is ideal for individuals who would like to become an MHFAider® to gain the knowledge and skills to spot signs of people experiencing poor mental health, be confident to start a conversation and signpost a person to appropriate support.

In addition to the course, you will become part of the largest MHFAider® community in England, gaining access to resources, ongoing learning and 24/7 digital support through our MHFAider Support App®, to give you the tools and knowledge you need to carry out the role effectively and confidently, whether that be in your workplace, a volunteer role, or in the community.

### Course Outcome

As an MHFAider® you will be able to:

- 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. Each session is a maximum of 3hrs 45mins and sessions can be delivered within a two week period.
- Learners will be trained over four live sessions with an MHFA England Instructor Member, covering 14 hours of content in total.
- Learning takes place through a mix of instructor led training, group discussions, individual and group activities.
- Each session builds on the previous, enabling the learner to gain confidence in supporting others with a Mental Health First Aid action plan.
- We limit numbers to 12 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.

## 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

### Day 1 - Session 1:

- Mental Health First Aid and the action plan
- The MHFAider® role and self-care
- Helpful and unhelpful language
- Useful models to support the role

### Day 1 - Session 2:

- What influences mental health?
- What is anxiety?
- Crisis first aid
- Active listening and empathy
- What are eating disorders?
- What is self-harm?
- What is substance misuse?

### Day 2 - Session 3:

- Applying the Mental Health First Aid action plan
- What is depression?
- What is suicide?
- Crisis first aid continued
- What is psychosis?

### Day 2 - Session 4:

- Recovery and lived experience
- Boundaries in the MHFAider® role
- Moving forward in the MHFAider® role
- My MHFA action plan

## CONTACT DETAILS

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