

MENTAL HEALTH FIRST AIDER®

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

Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England

Practise self-care

What you'll get:

- **2 Day Online Course delivered by an accredited MHFA England Instructor**
- **Access to the Association of Mental Health First Aiders® with ongoing benefits**
- **The MHFAider Support App® giving 24/7 digital support**
- **Access to the MHFA England Online Learning Hub.**
- **Digital Course Materials**
- **Digital Certificate and Badge**

All for £325 per person



Sophie Wood

MHFA INSTRUCTOR

MENTAL HEALTH FIRST AIDER®

Refresher Course

The MHFA Refresher course enables learners to:

Keep their knowledge, awareness, and skills of mental health support current

Update their knowledge of mental health and what influences it

Practice applying the Mental Health First Aid action plan

Making sure you have everything you need to feel confident when supporting others.

What you'll get:

- **Half Day Online Course delivered by an accredited MHFA England Instructor**
- **Continued Access to the Association of Mental Health First Aiders® with ongoing benefits**
- **Continued Access to The MHFAider Support App® giving 24/7 digital support**
- **Access to the MHFA England Online Learning Hub.**
- **Digital Course Materials**

All for £150 per person



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BECOME MENTAL HEALTH AWARE

The one for everyone, everywhere

This course raises awareness of mental health. It covers:

What mental health is and how to challenge stigma

A basic knowledge of some common mental health issues

An introduction to looking after your own mental health and maintaining wellbeing

Confidence to support someone in distress or who may be experiencing a mental health issue

What you'll get:

- Half Day Online Course delivered by an accredited MHFA England Instructor
- A certificate of attendance to say you are Mental Health Aware
- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health

All for £130 per person



Sophie Wood

MHFA INSTRUCTOR

Who is Sophie Wood?

I am an Inclusion and Belonging Consultant/Speaker with a proven background in Learning & Development (L&D).

Having experienced low mental health myself after I came out as Transgender in 2011 (which at my lowest point led to me trying to end my own life) I know it is possible to achieve recovery through making the most of the support networks available and having hope for the future. I am really passionate about helping as many people as possible to join the growing ranks of Mental Health First Aiders to enable a cultural shift to wellbeing in the world of work

On an even more personal note - I have been married to Danielle for over 30 years and have a little furry family of 3 dogs - Woody, Munchkin and Frodo who you may get to meet along the journey.

What do people say about Sophie's sessions?

"Sophie is a calm and collected instructor. She allowed every single member of the group, the time they needed to express their thoughts and opinions without rushing and with no judgement."

"Our instructor, Sophie Wood, was absolutely incredible. Two full days on a course is quite a long time, but I always felt engaged, I'd highly recommend the course to my friends and colleagues."



Sophie Wood
MHFA INSTRUCTOR


**belonging
base**



Find more information
visit www.belongingbase.com
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