



# MENTAL HEALTH FIRST AID (MHFA) TRAINING

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We offer accredited Mental Health First Aid (MHFA) training, both online and face-to-face as part of a group session with other MHFAiders® in training.

This course provides delegates with in-depth training on how to spot the signs and symptoms of mental health conditions, active listening skills, how to assist an individual in crisis and key information on accessing further support

Training your employees in MHFA is a clear commitment to wellbeing within the workplace. More than ever before, it is crucial that employers value mental health as highly as physical health and put steps in place to equip your employees with the skills they need.

The MHFA course is accredited by the Royal Society of Public Health and all trainers employed by Start Within have completed the MHFA England Instructor Training programme.

## What does it cost?

We are able to charge a very competitive rate of **£275per person** for both the online and face-to-face versions of MHFA training, a significant discount on the RRP (£325 per person).

## What do I need?

For the online format - nothing but a laptop, a pad to take notes and a positive attitude! We deliver through video conferencing software, so you will need to ensure you have access and a audio/visual enabled device.

If you're attending one of our face-to-face courses, you just need to bring yourself and an open mind!

We will always provide comprehensive joining instructions and course materials prior to the delivery of any MHFA training.

## How does it work?

**Online** - We split our training across 4 x 4hr Zoom sessions, usually over a period of 2 weeks. We work with you to ensure that the format suits your organisation, so that employees can fit around work commitments and avoid fatigue from too much screen time! Course materials will be posted out to delegates prior to the start of the online course.

**Face-to-face** - When we get together in person, the course is delivered over 2 full days. These can run consecutively or we can work with you to find scheduling that suits you a little better. We allow plenty of time for breaks and the course is a great mix of group discussions, activities, reflective exercises and case studies. All materials will be provided to your employees on the first day of the course.



# COURSE CONTENT

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

## What's covered?

- 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

## What will I get?

Everyone who completes the 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 (2 day course)
- Access to ongoing learning opportunities, resources and exclusive events
- The opportunity to be part of the largest MHFAider® community in England



## get in touch

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