



VIRTUAL MENTAL HEALTH FIRST AID TRAINING

We offer accredited Mental Health First Aid training, delivered virtually to your home, as part of a group session with other first aiders in training.

This course provides delegates with in-depth training on how to spot the signs and symptoms of mental health conditions, as well as how to assist an individual in crisis.

Training your employees in Mental Health First Aid 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 Mental Health First Aid 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 competitive rate of **£250 per person**. If you are an employer, please contact us for group rates.

What do I need?

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. There will also be individual learning required between live sessions.

How does it work?

We split our training across four evening sessions over two weeks, so you can fit around work commitments and don't suffer fatigue from being at the computer all day.

You will be in a group with other like-minded mental health advocates, eager to put their new skills to work. Once completed the course you become a qualified Mental Health First Aider to use at work, in the community and at home.

Everyone who completes the course receives:

- A certificate of attendance to confirm that you are an accredited Mental Health First Aider
- A manual for reference whenever you need it
- A Mental Health First Aid action plan quick reference card
- A workbook including a helpful toolkit to support your own mental health



THE SESSIONS

The course aims to raise awareness of mental health, and to understand and recognise the causes, symptoms and support options for a range of mental health problems.

What's covered?

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a combination

15 hours of study time in total, with the following live sessions to join:

- **Session 1 (1hr 45min)** - Introduction to MHFA and mental health context
- **Session 2 (2hr 30min)** - Depression and suicide
- **Session 3 (2hr)** - Anxiety, eating disorders and self-harm
- **Session 4 (1hr 55min)** - Psychosis, schizophrenia and bipolar disorder



Get in touch

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