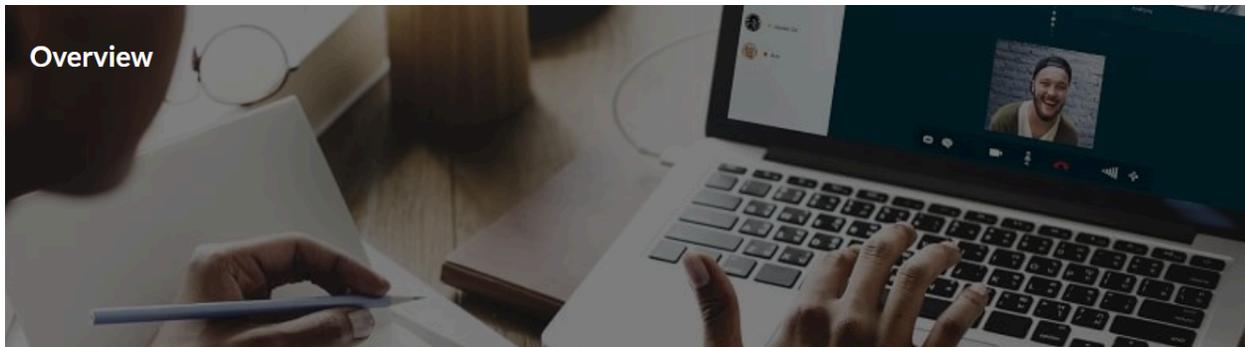




MHFA England

Learn Resilience
Building Healthy & Compassionate Workplaces

Become a Mental Health First Aid Champion



This **one-day course** qualifies you as an MHFA Champion, giving you:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness.
- Ability to spot signs of mental ill health.
- Skills to support positive wellbeing

Investment in Wellbeing

The cost of this course is **£149 per person** – includes all learning materials and postage.

Format

- This is a one-day course delivered online sessions.
- Learning takes place through a mix of presentations, group discussions and breakout activities.
- We limit numbers to 12 people per course so that the instructor can keep people safe and supported while they learn

Takeaways

Everyone who completes the course gets:

- A certificate to say you are an MHFA Champion.
- A manual to refer to whenever you need it.
- A reference card for the Mental Health First Aid action plan
- A workbook including a helpful toolkit to support your own mental health.

Course Structure

Session 1- morning

- About Mental Health First Aid
- About mental health and stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health
- Alcohol, drugs and mental health

Session 2-afternoon

- Applying the Mental Health First Aid action plan
- Action 1: Approach the person, assess, and assist with any crisis.
- Suicide
- Action 2: Listen and communicate non-judgementally.
- Action 3: Give support and information.
- Action 4: Encourage the person to get appropriate professional help.
- Action 5: Encourage other supports.
- Recovery
- Building a mentally healthy workplace
- Action planning for using MHFA.