

# Adult MHFA



Two Day

# Mental Health First Aid starts with you

Learn more at [mhfaengland.org](https://mhfaengland.org)



MHFA England

## What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

MHFA won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis.

Adult MHFA courses are for everyone aged 16 upwards. Every MHFA course is delivered by a quality assured instructor who has attended our Instructor Training programme accredited by the Royal Society for Public Health, and is trained to keep people safe and supported while they learn.

## What will I learn?

Learning takes place through a mix of group activities, presentations and discussions. What you learn will depend on the length of course you attend:

### Two Day - Mental Health First Aiders

A practical skills and awareness course designed to give you:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- 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 appropriate support

## How will attending an MHFA course help?

Research and evaluation shows that taking part in an MHFA course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

### To learn more or book onto an Adult MHFA Two Day course:

## Other Adult MHFA courses

In addition to the Adult MHFA Two Day course, we also offer shorter training options including a one day MHFA Champions course and a half day awareness course. To learn more about training options, visit [mhfaengland.org](https://mhfaengland.org).

