

TRAIN TO BECOME A Mental Health First Aider (ADULT) 2 DAY ONLINE TRAINING

Day One: Thursday 6th July 2023 - 9.30m - 5pm

Day Two: Monday 10th July 2023 - 9.30am - 5pm

Cost: £275 per person



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

In the same way as we learn physical first aid, mental health first aid teaches you how to recognise those crucial early warning signs of mental ill health. Everyone on an Adult MHFA course is taught a set of skills which enables them to support someone experiencing mental health issues.

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 role in depth, including boundaries and confidentiality
- Practise self-care

YOUR TRAINER



Mo Sarwar
MHFA England Associate Trainer

*Mo was a fantastic trainer; I learnt a lot from this course that I can put to good use if I ever needed to. I would certainly recommend Mo to anyone who wants to do this course.
Thanks again*

Early Bird Offer

£225

*Book & Pay Before
Friday 16th June 2023*

CONTACT US FOR MORE INFO OR TO BOOK YOUR PLACE



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BOOK ONLINE AT
www.arhine.com/mhfa