



# Adult Mental Health First Aid

## Course Duration: 2 Days

This course is ideal for individuals who would like to become an MHFAider® to gain the knowledge and skills to spot signs of people experiencing poor mental health, be confident to start a conversation and signpost a person to appropriate support.

In addition to the course, you will become part of the largest MHFAider® community in England. You will have access to ongoing learning and 24/7 digital support through the MHFAider support App®. The App gives you the tools and knowledge you need to carry out the role of MHFAider® effectively and confidently, whether in your workplace, in a volunteer role or in your community

## Objectives/Aims:

### 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
- Practice 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
- Practice 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

## Course Programme:

- Learners will be trained over four live sessions with an MHFA England Instructor Member, covering 14 hours of content in total
- Learning takes place through a mix of instructor lead training, group discussions, individual and group activities
- Each session builds on the previous, enabling the learner to gain confidence in supporting others with a Mental Health First Aid action plan
- Numbers are limited to 16 people per course so the instructor can keep people safe and supported while they learn
- We strive for all of our learning content to be as accessible and inclusive as possible

## Course Publications, everyone who completes this 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
- Access to ongoing learning opportunities, resources and exclusive events
- The opportunity to be part of the largest MHFAider® community in England

## Assessment:

There is no formal assessment for this course but delegates must complete all sections of the course.

### **Pre-Requisites for Candidates:**

No formal qualifications or experience are necessary. Adult MHFA courses can be attended by people aged 16 upwards and are relevant for the general population

Delegates should be competent in literacy, language comprehension and numeracy.

Any physical impairment or literacy issues should be discussed with LTC Training Services Ltd prior to making a booking so we can best accommodate your needs.

### **Training Location Options:**

We offer this course from our Devon and Cornwall training centres as well as giving customers the option to hold training on site at a location of their choice (subject to minimum candidate numbers and the proposed venue having a suitable classroom facility and any other necessary facilities required for this course). Please contact us for further details.

### **Course Start Time:**

Course starts at 8.15am and finish at approximately 5.00pm each day.

### **Certification:**

Certificates are included in the cost of this course and are produced by MHFA England. All candidates will be forwarded an email by MHFA England with a link to download certification: this should be actioned a.s.a.p. Candidates will also be able to download a digital badge which can be used for posters, profile pictures and letterheads. Certificates are valid for 3 years.

### **Refresher Training:**

Mental Health First Aid (MHFA) England certification is valid for 3 years from the date of course completion. MHFA England recommend that to keep your skills and knowledge up to date that you refresh your skills every two to three years.

### **Equipment:**

Candidates are not required to bring any special equipment. Writing materials will be provided.

### **Lunch and Refreshment Facilities:**

A buffet lunch is included at no extra cost. Water, tea, coffee, fridge and microwave facilities are also available in our canteen for your use free of charge.

Unfortunately we are not able to provide lunches when training is carried out on-site.

### **Accommodation and Transport:**

Candidates are required to organise and pay for their own accommodation and transport should it be required. A list of local accommodation can be provided on request.

### **Number of Candidates per Course:**

A maximum of 16

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