



Adult Mental Health Awareness

Course Duration: half-day (4 hrs)

The Adult Mental Health Awareness Half Day course gives delegates an introduction to mental health and is designed to promote awareness of mental health issues, and to help recognise the signs and symptoms.

Course Programme:

The Aim of the Half Day Adult Mental Health Awareness Course is to help increase delegate knowledge of:

- Mental health and mental health issues
- Factors affecting mental health
- Stigma and its impact on recovery
- Beginning a conversation with someone about their mental health
- Looking after your own mental health

Course Publications:

Candidates are issued with an Adult MHFA Half Day Course Manual and Workbook

Assessment:

There is no formal assessment for this 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 8.15 for AM sessions and 12:45 for PM sessions

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. 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:

Lunches will not be provided. However water, tea, coffee, fridge and microwave facilities are available in our canteen for your use free of charge.

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