

Mental Health First Aid (MHFA) Course Summary Description:

Mental Health Problems cover a wide range of issues - including stress, anxiety depression and substance abuse - that affect someone's ability to get on with their daily life. The most common mental disorder in Britain is mixed anxiety and depression. 1 in 4 people will experience a mental health problem during some point of their life.

Overview

Mental Health First Aid (MHFA) is designed for those who want to know more about mental health problems and how to support someone in distress. MHFA training is an intensive course, aimed at those without specialist mental health training.

An MHFA course will teach people to recognise the early signs of a mental health problem and give you the confidence and knowledge to help.

Learning Outcomes on an MHFA course:-

- Recognising or spotting the early signs and symptoms of common mental health problems
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide others towards the right support
- Reduce the stigma of mental health problems