

\* Support  
included



# Mental Health First Aid training

Train as a Mental Health First Aider (MHFAider®) and you'll get three years of support and benefits to help you feel empowered and confident in your role



**The last few years have been hard on everyone. Amidst a global pandemic, economic uncertainty, and changes to the ways we work, the need to support everyone's mental health and wellbeing is greater than ever.**

With Mental Health First Aid (MHFA) England training you will be accessing the very best evidence-based Mental Health First Aid (MHFA) course available. Our training is grounded in research and developed with clinical practitioners. It is proven to increase MHFAiders® confidence in supporting people with mental health issues.

With our new offer, training doesn't stop when the course comes to an end. We provide continuous support for MHFAiders® – well beyond your initial certification – so you are confident, empowered and motivated to carry out your role.

### **Why become an MHFAider®?**

By training with us you will gain:

- A deeper understanding of mental health and the factors that can affect people's wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- The confidence to step in and support someone to recover their health by guiding them to appropriate support
- Three years of access to the MHFAider Support App® with 24/7 digital support
- Access to exclusive resources, ongoing learning opportunities, and the benefit of joining England's largest community of trained MHFAiders®

### **Why choose MHFA England training?**

- 91% of people had a better understanding of mental health after completing their MHFA England course
- Since MHFA England was founded in 2007, our Instructor Members have trained hundreds and thousands of MHFAiders®

- All MHFA England Instructor Members are accredited by the Royal Society of Public Health, meaning you can expect a quality assured and consistent training experience
- We are committed to improving the mental health of the nation

If you want to know more about how we can develop your mental health support skills, get in touch today.

**To learn more or book onto an MHFA course:**

