

Mental Health First Aid England Training

Mental Health First Aid England (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide assistance.



Our 2 day MHFA England courses are delivered by Elizabeth Browne. Elizabeth has been providing MHFA training for 7 years and has a wealth of experience and knowledge to make sure that delegates get the best MHFA England training.

Our MHFA England courses will provide:

- Improved interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to appropriate support
- A deeper understanding of mental health and the factors that can affect people's wellbeing
- Practical skills to spot the signs of mental health issues
- Confidence to approach, reassure and support a person in distress

Our next courses run on:

9th and 14th December
(online)

27th January and 1st February
(at our Doncaster office)

10th and 15th March
(online)

Our courses are delivered online or at our state-of-the-art conference room in Doncaster. Free parking and refreshments are included for in person events.

We can also offer bespoke courses for businesses - either online, at your premises or our own conference room.

Contact Laura Naughton for more information:

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Pragma+Associates

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