

FACT3™

The Academy.



Mental Health First Aider

Course Details



TRAIN, RETAIN AND DEVELOP | PEOPLE TRAINING DEDICATED TO SMEs

COURSE OVERVIEW

This virtual Adult Mental Health First Aid Course is an internationally recognised course by MHFA England that teaches delegates to spot the signs of mental health issues and help to avoid crisis or support those in a crisis situation. This is an engaging and thought-provoking course delivered virtually by a MHFA Practitioner via presentations, discussions and individual self development learning. After completing the course, delegates will hold a valid Mental Health First Aid certificate and will receive materials and resources to enable them to support their organisations straight away.

COURSE CONTENT

- Covering everything from MHFA action plan, definition and impact of mental health and depression.
- Discussing suicide figures, how alcohol and drugs affect mental health, first aid for suicidal crisis and depression and self-care.
- Understanding anxiety disorders and relevant treatment, learning crisis first aid for traumatic events.
- Learning about cognitive distortions and CBT, personality disorders, eating disorders and self-harm.
- Learning about psychosis, schizophrenia and bipolar disorder.
- Discover how to do crisis first aid for acute psychosis, treatments and resources.
- Covering recovery and building resources and action planning for using MHFA.

FORMAT, PRICE & BOOKING

DATES

12th, 13th, 15th & 16th April - [Online](#)

COURSE FORMAT

Online - 4 x 2hr virtual online sessions + 1hr home learning per session

- The training is delivered by a MHFA Practitioner inline with Mental Health England.
- Virtual sessions with up to 10 delegates

In Person - 2 Day Course

- Training can be delivered at your premises or off-site at our unique training suite.

PRICE

Per Person:

£325 +VAT

10% group discount for 5 or more people

[Book now](#)