

Become a Mental Health First Aider at Work

This course is ideal for those who would like to become a
MHF aider to:

- Gain the knowledge and skills to spot the signs of people experiencing poor mental health
- Be confident starting a conversation and signpost a person to appropriate support

As a mental health first aider you will be able to:

- Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention
- Encourage a person to identify and access sources of professional help and other supports
- Practise active listening and empathy
- Have a conversation with improved mental health literacy around language and stigma
- Discuss the role in depth, including boundaries and confidentiality
- Practise self-care



MHFA England

Benefits of being a MHFAider

- Reduces stigma around mental ill health
- Gives you increased confidence to have a supportive conversation about mental health
- Promotes equality and understanding around mental health from different perspectives
- Helps to build supportive communities and promotes open conversations about mental health
- Encourages self-care, giving you the tools to look after your own and others' mental health
- Promotes early intervention and recovery, which can prevent an individual's mental health deteriorating

Course delivered by Illuminate VR

Mental Health Aware Session - Half day course on
Thursday 26th October 8.30am to 12.30pm - £150 per
person

or

Mental Health First Aid Training - Two day course on 23rd
and 24th November - £350 per person



Courses will be held at Stoke Heath Primary School