



Mental Health First Aid (MHFA) 2-day training courses

Free Mental Health First Aid (MHFA) '2 day' virtual training is available for staff and volunteers working in Worcestershire.

MHFA is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. In the same way as learning physical first aid, MHFA teaches people how to recognise those crucial warning signs of mental ill health and feel confident to guide someone to appropriate support.

The two-day course supports people to become Mental Health First Aiders, giving them:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of a range of mental health issues
- Confidence to step in, reassure and support a person in distress using the Mental Health First Aid action plan
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge of how to help someone by guiding them to further support
- An understanding of how to keep themselves safe while performing their duties

The following courses will be taking place online and places can be booked via the [MHFA booking website](#). Delegates will be required to attend both course days. Please note due to expected demand, places have been limited to two per organisation.

Date	Time
3 rd and 4 th November 2021	09.30-16.30pm
23 rd and 24 th November 2021	09.30-16.30pm
9 th and 10 th December 2021	09.30-16.30pm
17 th and 18 th January 2022	09.30-16.30pm
7 th and 8 th February 2022	09.30-16.30pm
16 th and 17 th March 2022	09.30-16.30pm

Cancellations within 10 working days of the course or failure to attend on the day will be charged £45 per person

For any booking enquires, please contact the Learning and Development Team LDAdmin@worcestershire.gov.uk