



Great Minds
Workplace Wellbeing

Mental Health First Aid

2-Day and Online official MHFA course



Mental Health First Aid



2-Day (face-to face) MHFA course and Online course

Who's it for?

This course is for everyone. It is particularly suited to those in roles with high people engagement, managers and HR roles (including L&D, Talent and Recruitment).

What will you learn?

- How to spot the signs and symptoms of the most common mental health issues including anxiety, depression, psychosis, self-harm and suicide
- The skills to have an effective conversation with someone experiencing mental health difficulties, using non-judgmental listening
- How to support someone using the 5-step action planning tool, and guide them to further help if required

What will you receive?

Every attendee who completes the course will become an official Mental Health First Aider, and will receive an official MHFA England certificate, a 256-page manual, a workbook and an action planning card

It is recommended that Mental Health First Aiders and MHFA Champions attend a Refresher course every three years

Email or contact Great Minds for more information or to make a booking at:

E: hello@greatminds.training T: +44(0)20 7101 3891.