



Great Minds
Workplace Wellbeing

Mental Health First Aid

1-Day MHFA Champions course



Mental Health First Aid



1-Day MHFA Champions 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 some of the most common mental health issues including anxiety, depression 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 the appropriate support networks

What will you receive?

Every attendee who completes the course will become a Mental Health First Aid Champion, and receive an official MHFA England certificate, a 100-page manual and workbook

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:

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