



Mental Health First Aid



Train as a Mental Health First Aider (MHFAider®) and receive three years of support and benefits

This course is ideal for those who would like to become an MHFAider® to:

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

Alongside the best evidence-based Mental Health First Aid (MHFA) training, MHFAiders® are also provided with three-year access to ongoing learning and support through the MHFAider Support App®.

The app gives you 24/7 digital support, access to exclusive resources, ongoing learning opportunities, and the benefit of joining England's largest community of trained MHFAiders®.



Benefits of our Mental Health First Aid course



Reduces stigma around mental ill health



Gives you increased confidence to have a supportive conversation about mental health



Promotes equity 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

Learning outcomes

As an MHFAider® 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

MHFAider® support

MHFA training doesn't stop when the course comes to an end. MHFA England offers continuous support for MHFAiders®, well beyond your initial certification, to ensure you can lead impactful MHFA interventions.

As an MHFAider® you will get automatic 24/7 digital support through the MHFAider Support App®. From there, you'll find exclusive resources, ongoing learning opportunities to grow your confidence, and gain the benefit of joining England's largest community of trained MHFAiders®.

This support will give you an opportunity to:

- Keep your learning alive
- Quickly reference something
- Connect you with a group of people improving the mental health of the nation





MHFAider
Support App®



MHFAider Support App®

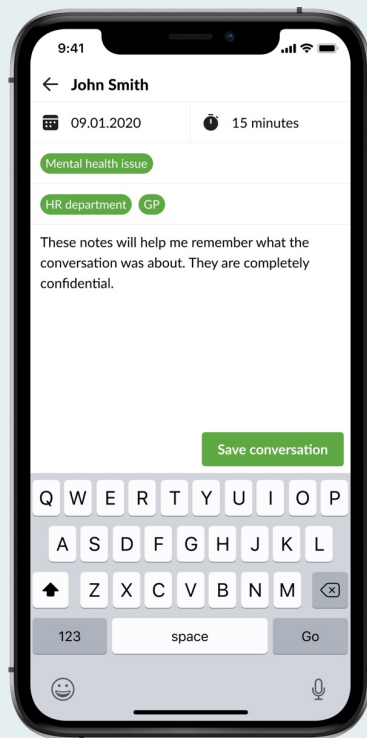
The app empowers you as MHFAider® with the following features:

- **Secure conversation logging** for you to make reflective notes to record and reflect while protecting confidentiality
- **Reminders** for wellbeing check-ins with people you are supporting
- **24/7 text support service** through **Shout**, for advice and reassurance on a Mental Health First Aid conversation or to support your own wellbeing after a difficult conversation
- **Resource library** of toolkits, guidance, animations and core mental health concepts to support the you in your role as MHFAider®
- **Signposting database** through **Hub of Hope** to find local and national mental health services for additional support

MHFAider Support App[®] features



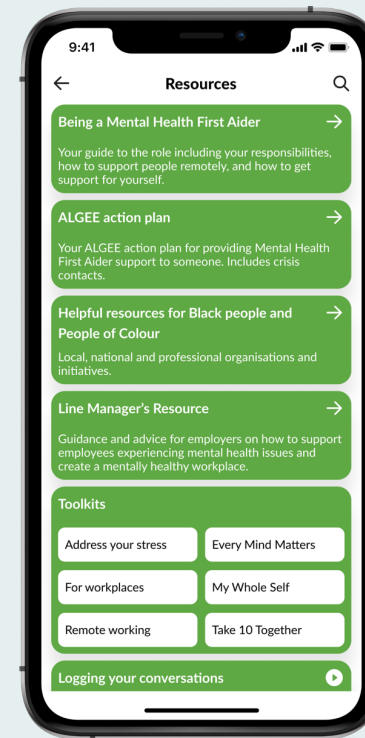
Home screen



Conversation logging



Insights



Resource library



MHFA England



MHFAider[®]
learning



MHFAider® learning

As an MHFAider® you'll also have access to ongoing learning to support you in the role and ensure you have the most up-to-date information on mental health.

Over the three years, you will benefit from:

- A library of resources that will support you to have impactful conversations
- MHFAider® online events, exploring different topics and themes around mental health and the MHFAider® role
- Exclusive MHFAider® content, regular online events to provide further learning and support so you are confident to perform your role effectively, long after your training

Why MHFA England training?

- 91% of people had a better understanding of mental health after completing their MHFA England course
- Since MHFA England was founded in 2007, our Instructor Members have trained hundreds and thousands of MHFAiders®
- All MHFA England Instructor Members are accredited by the Royal Society of Public Health, meaning you can expect a quality assured and consistent training experience
- We are committed to improving the mental health of the nation

Thank you

