

MHFA

Mental Health First Aid

Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

Our Adult MHFA 2-Day course qualifies you as a Mental Health First Aider and helps you to have:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Confidence to step in, reassure and support a person in distress
- Practical skills to spot the triggers and signs of mental health issues
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support

Everyone who completes a 2-Day course will get a MHFA manual and a certificate.

To book a place and for further information please email Mental.Health.Training@derbyshire.gov.uk

The course is free for statutory, community and voluntary sector organisations working with Derbyshire county residents. Other organisations please email Mental.Health.Training@derbyshire.gov.uk for information on costs.

