

2 Day Mental Health First Aid Course

Discussions are taking place within parliament to make mental health first aid compulsory by law.

It's thought that this change could save thousands of lives, massively reduce sick leave and help employees get the support they need.

The need for greater workplace mental health support is evident from these emerging conversations. So why wait? Our Mental Health First Aid course is ready whenever you are, to help you make changes for the better.

The course will cover:

- ✓ Spotting the early signs of a mental health problem
 - ✓ Feeling confident to help someone who is experiencing a problem
 - ✓ Helping to stop mental ill health from getting worse
 - ✓ Guiding someone towards the right support
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1. Spotting the early signs of a mental health problem
 2. Feeling confident to help someone who is experiencing a problem
 3. Helping to stop mental ill health from getting worse
 4. Guiding someone towards the right support
 5. Reducing the stigma of mental health problems

The course will be held by an experienced MHFA trainer who delivers courses through a range of slides, video clips, activities, discussion, and case studies which you will explore as a group to develop and cement learning.

The course covers how to identify a mental health problem, aid recovery, and help those who are struggling. You will receive the full agenda via email upon registration.

Book yourself on our VIRTUAL two-day mental health first aid course for just **£250 per delegate**, running on **17th and 18th April**. There are limited spaces available.

For further information, [please contact your relationship manager](#).

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