Mental Health First Aid - Online Training

Course Location: **Online, United Kingdom**

Instructor: **Arabella Tresilian, Bath Mind Trainer**

**This Online course, specifically designed for Social Prescribing Link Workers, qualifies you as a Mental Health First Aider,** giving you:

* An in-depth understanding of mental health and the factors that can affect well-being.
* Practical skills to spot the triggers and signs of mental health issues.
* Confidence to step in, reassure and support a person in distress.
* Enhanced interpersonal skills such as non-judgemental listening
* Knowledge to help someone recover their health by guiding them to further support - whether that’s self-help resources, through their employer, the NHS, or a mix

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# Takeaways

Everyone who completes the course gets:

* A certificate to confirm you are a Mental Health First Aider
* A manual to refer to whenever you need it
* A quick reference card for the Mental Health First Aid action plan
* A workbook including a helpful toolkit to support your own mental health.

# Format

* This is an online course delivered through the MHFA England Online Learning Hub
* Learning takes place through four live training sessions, spread across two weeks, with self-learning activities in between. See course structure section below for more detail
* Each session is built around a Mental Health First Aid action plan
* We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

# The training: a mix of independent learning and live sessions

The course is broken down into 4 sections that are delivered over 10 – 14 days. The sections consist of 4 independent learning sessions and 4 live sessions. Independent learning is facilitated by an online learning hub, with videos, quiz questions and information. Live sessions are then hosted at a designated time; to flesh out information, complete case studies, work practically through a workbook, ask questions and clarify learning. These are all delivered safely by our trainer.

**Session 1:**

* Independent learning requirement: 1 hour
* Live session: **Tuesday 3rd November 10am – 1pm.**

**Session 2**:

* Independent learning requirement: 2 hrs
* Live session: **Thursday 5th November 10am – 1pm**.

**Session 3:**

* Independent learning requirement: 2 hrs
* Live session: **Tuesday 10th November 10am – 1pm.**

**Session 4**:

* Independent learning requirement: 2 hrs
* Live session: **Thursday 12th November 10am – 1pm.**

**Accessibility**

We strive to create courses and resources that everyone can access. When you book onto a course please let us know ‘Accessibility requirements’ and tell us what you need to access the course venue and materials.

This course is currently only available online and is fully funded by the BSW Primary and Community Care Training Hub.

**To Apply**

Please email [bswccg.traininghub@nhs.net](mailto:bswccg.traininghub@nhs.net) providing your name, job title, PCN, and contact details. Please also indicate your consent for us to pass your details on to Bath Mind.