

**Mental Health First Aid – Online Training**

**This online course qualifies you as a Mental Health First Aider, giving you:**

* An in-depth understanding of mental health and the factors that can affect wellbeing
* 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

**Takeaways**

Everyone who completes the course receives:

* 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.
* Each session is built around a Mental Health First Aid action plan
* Courses are limited to 16 people so that the course leader can keep delegates safe and supported while they learn

**To apply email:** **bswccg.traininghub@nhs.net**

 