

Mental Health First Aid

A National Two Day Course

Bristol Mind is able to provide experienced MHFA Instructors to deliver this 12 hour course locally. Mental Health First Aid, England is supported by the National Mental Health Development Unit (NMH DU) and is endorsed by the Department of Health and The Royal Society for Health Promotion.

The aims of the course are to:

- Be accessible and relevant to a wide range of participants from across the community and from different work settings
- Help increase understanding and awareness of mental and emotional issues and reduce stigma
- Provide a framework for responding to someone in emotional or mental distress
- Promote good mental health

Mental Health First Aid in-house training:

As well as running the course at Bristol Mind, we are also able to deliver in-house for organisations.

- The cost of delivering the course is £1200
- A charge of £5 per participant is made for the accompanying MHFA course handbook
- Participants will receive a national certificate of attendance.
- We can deliver to around 16-18 participants maximum.
- The venue used needs to be big enough to train in and work in small groups, this is not included in the cost.

For more details about the course: **www.mhfaengland.org.uk**.

To discuss in-house training or to book individuals on Bristol Mind programme contact: admin@bristolmind.org.uk or phone Pat Diango Office Co-ordinator, Bristol Mind 0117 980 0370