

Mental Health First Aid - Online Training

Course Location: **Online, United Kingdom**

Instructor: **Bath Mind Trainer**

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 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

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: 2 hours 30mins

Session 2:

- Independent learning requirement: 2 hrs
- Live session: 2 hours 30mins

Session 3:

- Independent learning requirement: 2 hrs
- Live session: 2 hours 30mins

Session 4:

- Independent learning requirement: 2 hrs
- Live session: 2 hours 30mins

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.

How to access Bath Mind's MHFA training

Public Courses

We will soon run courses which are open for individuals to sign up to, on a regular basis - contact us or check our website for upcoming courses.

Cost: We value this course at **£300 per person**. Costs may vary depending on circumstances, and we endeavour to make the training accessible and affordable to all who are committed to becoming an active Mental Health First Aider. Ask us about discounts available if required.

In-House Courses

We run courses for groups of up to 16 colleagues within your organisation. This allows your organisation to create a cohort of Mental Health First Aiders who can go on to support each other within the workplace, and work together to create an active support network for employees. For public-facing employees, it allows them to have skills to support customers or members of the public with confidence and competence.

Costs:

- ❖ 8-10 participants: £2400
- ❖ 11-13 participants: £2970
- ❖ 14-16 participants: £3360

- We will work with you to book 4 convenient live session training dates for your colleagues.
- We will need 2-3 weeks' notice for any bookings.
- You are welcome to invite colleagues from partner organisations to join and share costs - we can have up to 16 people in each cohort.
- We are able to offer a discount for charities and education bodies. Please ask for more information.

Booking Mental Health First Aid training - get in touch

Whether you are interested in training as an individual, or in booking training for your organisation, contact Hannah Roper, Head of Business Development at Bath Mind to discuss your requirements: hannahroper@bathmind.org.uk or 01225 617981