

# Mental Health First Aid:

Your guide to Bath Mind's **Mental Health  
First Aid England (Adult)** courses.



**Bath & North East Somerset's local and  
independant mental health charity.**

 **mind Bath**

[www.bathmind.org.uk](http://www.bathmind.org.uk)

Charity No. 1069403



# Mental Health First Aid Courses

Delivered by Bath Mind

We currently offer the following Mental Health First Aid England accredited training courses via our experienced mental health trainers:

## **Mental Health First Aid Course (Adult)**

- Qualifies participants as a Mental Health First Aider (MHFAider®)
- Four flexible sessions, 4 hours per session,
- Become part of the largest MHFAider® community in England, gaining access to resources, ongoing learning and 24/7 digital support through the MHFAider Support App®.
- Courses can accommodate up to 16 participants.

## **Mental Health First Aid Champion Course (Adult)**

- 1-day face to face or 2 x 4 hour/ 4 2 hour online live sessions.
- Qualifies participants as Mental Health First Aid Champions designed for the workplace. Includes manuals and workbook.
- In-house and public courses available.
- Courses can accommodate up to 16 participants.

## **Mental Health Aware Course (Adult)**

- Half day face to face or 4.5 hour online live session.
- Courses can accommodate up to 24 participants.
- Includes certificate of attendance, manual and workbook.

## **Mental Health First Aid Refresh Course (Adult)**

- Half day face to face or 4.5 hour online live 'refresh' session for existing MHFAiders® or MHFA Champions who completed their training 2-3 years ago.
- Courses can accommodate up to 24 participants.
- Includes certificate of attendance, manual and workbook.
- Includes access to the new MHFA course resources, ongoing learning and 24/7 digital support through the MHFAider Support App®.

The following pages provide further details on each course, including course content and pricing structures.

**MHFA England**  
INSTRUCTOR  
MEMBER



# Mental Health First Aid Refresh: Half day course

Instructor: **Bath Mind Trainer**

If you are a Mental Health First Aider or MHFA Champion you have skills for life that support you and the people around you. We believe that mental health should be treated equally to physical health – and just like physical first aid, **Mental Health First Aid training should be kept up to date.**

**The 4.5 hour MHFA Refresh course will empower you to:**

- Keep your awareness of mental health supports current
- Update your knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan

Please note that the MHFA Refresher **is only for people who have completed an Adult MHFA® course or the MHFA Champion course 2-3 years ago.** Otherwise, we advise you to re-attend the original course.

## 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.
- Includes access to the new MHFA course resources, ongoing learning and 24/7 digital support through the MHFAider Support App®.

## Format

- This is a half day course delivered either face to face or via online video conferencing (4.5 hour).
- Learning takes place through a mix of presentations, group discussions and workshop activities.
- We limit numbers to 24 people per course so that the instructor can keep people safe and supported while they learn.

## How often should MHFA England skills be refreshed?

Just like physical first aid, we recommend that Mental Health First Aiders and MHFA Champions attend a Refresh course every three years.

If it's time to refresh your skills, book onto an MHFA Refresh course now and feel confident that you are performing your vital role safely.

## 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.

## Public Courses

We 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 **£150 per person**. Costs may vary depending on circumstances, and we endeavour to make the training accessible and affordable to all who are committed to take the course. Ask us about discounts available if required.

## In-House Courses

We run courses for groups of up to 24 colleagues within your organisation.

### Costs:

- ❖ 10 – 12 participants £1500
  - ❖ 13 – 16 participants £1800
  - ❖ 17 – 20 participants £2300
  - ❖ 21 – 24 participants £2600
- 
- We will work with you to book a 4.5 hour face to face or online live session, convenient 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 24 people in each cohort.
  - We are able to offer a discount for charities and education bodies. Please ask for more information.



# How to book 🍃

## **Interested in booking an in-house session?**

Head to our [training request booking form](#) to express your interest. A member of the team will be back in touch shortly to discuss and confirm your session.

## **Interested in booking on to one of our public courses?**

We host public MHFA courses regularly throughout the year. Head to our [Mental Health First Aid webpage](#) to find out more on any upcoming courses and book your space.

### **Get in touch:**

Whether you are interested in training as an individual, or in booking training for your organisation, contact Hannah Roper, Director of Business Development at Bath Mind to discuss your requirements: **Hannah Roper** [hannahroper@bathmind.org.uk](mailto:hannahroper@bathmind.org.uk) or **07943 496 835**.



# Any questions?

Please [get in touch](#) if you have any queries.

**Thank you for supporting our work and helping to support the mental health and wellbeing of our community.**

Want to keep updated with training courses and events? [Sign up](#) to our supporters mailing list!

 **Mind Bath**

[www.bathmind.org.uk](http://www.bathmind.org.uk)

Charity No. 1069403