

# 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®) with optional additional qualification.
- 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 Skills for Managers (Adult)

- Half day face to face or 4 hour live session.
- Courses can accommodate up to 16 participants.
- Includes certificate of attendance and digital 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®.

**MHFA England**  
INSTRUCTOR  
MEMBER



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

# Mental Health First Aid

## Overview

**Instructor:** Bath Mind Trainer, *accredited MHFA England Instructor Members.*

Qualifies participants as a Mental Health First Aider (MHFAider®) and receive three years of certification.

- Four flexible sessions, 4 hours per session, either face to face or online.
- 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.
- In-house and public courses available.

This course will **qualify participants as a Mental Health First Aider (MHFAider®)**. To achieve a Level 3 Award in Mental Health First Aid qualification alongside this, there will be an online assessment that participants can select to complete after the completion of the course.

As a MHFAider® you will be able to:

- Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention.
- Encourage a person to identify and access sources of professional help and other supports.
- Practise active listening and empathy.
- Have a conversation with improved mental health literacy around language and stigma.
- Discuss the MHFAider® role in depth, including boundaries and confidentiality.
- Practise self-care.
- Know how to use the MHFAider Support App®.
- Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England.

## Takeaways:

Everyone who completes the course gets:

- A hard copy workbook to support their learning throughout the course.

- A digital manual to refer to whenever they need it after completing the course.
- A wallet-sized reference card with the Mental Health First Aid action plan.
- A digital MHFAider® certificate.
- Access to the MHFAider Support App® for three years.
- Access to ongoing learning opportunities, resources, and exclusive events.
- The opportunity to be part of the largest MHFAider® community in England.

## Format:

- Delivered online or face-to-face, the course is structured across four flexible sessions. Each session is a maximum of 4 hours (including breaks) and sessions should be delivered within a two week period.
- These sessions can either be delivered over two or four days. For online delivery, we recommend that the four sessions are delivered across four days.
- Learners will be trained over four live sessions with an MHFA England Instructor Member, covering 14 hours of content in total.
- Learning takes place through a mix of instructor led training, group discussions, individual and group activities.
- Each session builds on the previous, enabling the learner to gain confidence in supporting others with a Mental Health First Aid action plan.
- We limit numbers to 16 people per course so that instructors can keep people safe and supported while they learn.

## 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 **£325 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: £2900
  - 11-13 participants: £3500
  - 14-16 participants: £3900
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- We will work with you to book 4 convenient sessions, whether that be face to face or online.
  - 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.

## **Qualification: Building confidence as a MHFAider®**

Once you complete the Mental Health First Aid course, you can test your knowledge and build your confidence in your role as an MHFAider® with the internationally recognised MHFAider® qualification, RSPH Level 3 Award in Mental Health First Aid.

All MHFAiders® who successfully complete the online e-assessment with a pass grade will be awarded the MHFAider® Qualification. Learn more about the MHFAider® Qualification [here](#).

# Mental Health First Aid Champion: One day course

Instructor: **Bath Mind Trainer**

**This course trains you as an MHFA Champion**, giving you:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

## Takeaways

Everyone who completes the course gets:

- A certificate of attendance to say you are an MHFA Champion
- 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

### Face to face delivery:

- The MHFA Champion course can be delivered face-to-face over 1 day.
- Learning takes place through a mix of presentations, group discussions and workshop activities

### Online delivery:

- Option 1: Two live sessions
  - Live session 1 – 4 hours including breaks
  - Live session 2 – 4 hours including breaks
- Option 2: Four live sessions
  - Live session 1 – 2 hours including breaks
  - Live session 2 – 2 hours including breaks
  - Live session 3 – 2 hours including breaks
  - Live session 4 – 2 hours including breaks
- Please note, live sessions do not have to be delivered on the same day or consecutive days but must be completed within 2 weeks

- We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn

## 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 **£204**. Costs may vary depending on circumstances, and we endeavour to make the training accessible and affordable to all who are committed to attending the course. Ask us about discounts available if required.

## In-House Courses

We run MHFA Champions courses for groups of up to **16 colleagues** within your organisation.

### Costs:

- ❖ 8 – 10 participants £1640
- ❖ 11 – 13 participants £2040
- ❖ 14 – 16 participants £2295

- We will work with you to book a convenient 1-day face to face training, 2 online sessions or 4 online sessions 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 MHFA Champion course.
- We are able to offer a discount for charities and education bodies. Please ask for more information.

# Mental Health Aware: Half day course

Instructor: **Bath Mind Trainer**

**This course raises awareness of mental health.** It covers:

- What mental health is and how to challenge stigma.
- A basic knowledge of some common mental health issues.
- An introduction to looking after your own mental health and maintaining wellbeing.
- Confidence to support someone in distress or who may be experiencing a mental health issues.

## Takeaways

Everyone who completes the course gets:

- A certificate of attendance to say you are Mental Health Aware.
- A manual to refer to whenever you need it.
- A workbook including a helpful toolkit to support your own mental health.

## 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.

## 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 **£127 per person**. Costs may vary depending on circumstances, and we endeavour to make the training accessible and affordable to all who are committed to attending the course. Ask us about discounts available if required.

## In-House Courses

We run Mental Health Aware courses for groups of up to **24 colleagues** within your organisation.

### Costs:

- ❖ 10 – 12 participants £1300
  - ❖ 13 – 16 participants £1500
  - ❖ 17 – 20 participants £1850
  - ❖ 21 – 24 participants £2150
- 
- We will work with you to book a convenient 4.5 hour face to face or online live session 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 Mental Health Aware session.
  - We are able to offer a discount for charities and education bodies. Please ask for more information.

# Mental Health Skills for Managers

Empower managers to put wellbeing at the heart of their leadership approach with this practical and immersive course.

## Overview

**Instructor:** Bath Mind Trainer, *accredited Mental Health First Aid England® Instructor Members.*

The relationship between managers and their team members is key for the health and wellbeing of the whole organisation. Delivered by workplace mental health experts, this course builds skills in your leaders to feel confident to have mental health conversations as part of their everyday management.

## Benefits of Mental Health Skills for Managers

Managers who are able to support the mental health of their teams will encourage employees to thrive, increasing talent retention. Providing this training to everyone with people management responsibilities will ensure a consistent approach to mental health and wellbeing across teams and departments, promoting healthy performance throughout the whole organisation.

Managers will learn to:

- Identify if an employee may be experiencing mental health issues.
- Feel confident having open conversations about mental health with their team members.
- Appropriately signpost to available support and know where to go for support and guidance for themselves.
- Role model good self-care practice, inspiring their teams to look after their own mental health and wellbeing.
- In-house and public courses available.

## Format

- 30-minute self-reflective work before the course.
- Four-hour course delivered face-to-face or online.
- Immersive training session, led by an instructor with people management experience.

- Opportunities to practice embedding skills through group activities and discussions to share best practice.
- The course is delivered to a maximum of 16 people to allow for rich discussion.

## Takeaways

Everyone who completes the course receives:

- A certificate of attendance.
- Tools to take care of their own mental health as a manager and empower their teams.
- A workbook to use during the course.
- Digital support resource to help embed ongoing learning and development.

## Accessibility:

We strive to create courses and resources that everyone can access. When you register onto a course through the MHFA England® link provided, please fill in the 'Accessibility requirements' section of the booking form 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.

## 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 managers that can demonstrate confidence and clarity on supporting staff with their mental health and wellbeing.

### Costs:

- 8-10 participants: £1350
- 11-13 participants: £1600
- 14-16 participants: £1900

- We will work with you to book a convenient session, whether that be face to face or online.
- 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 settings. Please ask for more information.

# Mental Health First Aid Refresh: Half day course

## Overview

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 participants 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.

## 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.

## Qualification: Building confidence as a MHFAider®

Once you complete the Mental Health First Aid course, you can test your knowledge and build your confidence in your role as an MHFAider® with the internationally



recognised MHFAider® qualification, RSPH Level 3 Award in Mental Health First Aid. All MHFAiders® who successfully complete the online e-assessment with a pass grade will be awarded the MHFAider® Qualification. Learn more about the MHFAider® Qualification [here](#).



# 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**

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Charity No. 1069403