

# 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](#).



# 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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