

Adult Mental Health First Aid

Adult Mental Health First Aid (AMHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

Aims of the programme:

- To understand the range of issues we face today.
- To learn how and when to signpost to external organisations.
- To promote a mentally healthy and supportive environment.

Overview:

Adult Mental Health First Aid (AMHFA) courses will teach you to spot the signs of mental health issues, offer initial help and guide the person towards the support they need and even potentially to reach out to someone before a crisis happens. In doing so, you can encourage people to access support early for a faster recovery, empower people with a long term mental health issue or disability to thrive in work and promote a mentally healthy environment.

Adult MHFA Champions have:

- An understanding of common mental health issues and how they can affect those around you
- Ability to spot signs of mental ill health and guide those in need to a place of support
- Knowledge and confidence to advocate for mental health awareness
- Skills to support positive wellbeing

"Extremely useful and insightful course, very eye opening and has completely changed my perspective on some often rather uncomfortable topics."



One full day of high quality training.

Dates – Wednesday 23 October 2019

Time: 9.30am - 4.00pm

Cost - £85 (lunch included, please include any dietary requirements when booking)

Venue: St Aloysius (Junior School), Hebburn, NE31 1BQ

Booking Details: Email pburn@st-aloysius.co.uk



MHFA England

Delivered by Bridget Woodhead

CPD Certificate Included

