

# MHFA ENGLAND CERTIFIED MENTAL HEALTH FIRST AID

## Available Formats and Pricing

Two Day Mental Health First Aid  
One Day Wellbeing Champions  
Half Day Mental Health Awareness

Available Online or Face to Face  
\*Priced per head with Group  
discounts available

## Two Day: Mental Health First Aid

### Course Introduction



Mental Health First Aid (MHFA) is a nationally accredited mental health training course that will teach you and your employees how to identify, and understand the various components of mental health and wellbeing.

It raises self-awareness of mental health and make you and your employees more aware of self needs and more able to help others. Specifically, you will learn a range of mental health conditions, how statistically these affect various population cohorts, how to identify the warning signs to illness, and how to approach and support people in potential and actual crisis.

### Course Outcomes

By the end of the INSET, delegates will have:

- Research based evidence of a range of mental health conditions and causes such as stress, panic attacks, psychosis, depression, alcohol and drug misuse, eating disorders, body dysmorphia, suicide, and various personality syndrome conditions
- Reduced stigma around a range of mental health conditions
- Boosts knowledge and applied learning of mental health and wellbeing
- Use of ALGEE diagnostics to tackle mental health situations
- How to raise awareness in others of mental health challenges
- More knowledgeable work force that support each other and increases productivity
- Nationally certified in mental health and wellbeing (ideal for Mental Health Leads)
- Course Workbook, Mental Health Handbook, Certificate and ALGEE Diagnostic Tool

“Ross’s approach to mental health and wellbeing is a refreshing change. He is up to date with key statistics, understands his audience needs, and delivers in a very easy going, yet informative manner.”

# One Day: Wellbeing Champions



## Course Introduction

This one-day mental health awareness and skills course qualifies your employees as MHFA Champions, giving them:

- Knowledge and confidence to provide Mental Health First Aid for the most common mental health issues
- An understanding of how to help build a mentally healthy workplace, challenge stigma and support positive wellbeing

## Content

- About Mental Health First Aid
- About mental health and stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health
- Alcohol, drugs and mental health

## Takeaways

Everyone who completes the course gets:

- A certificate of attendance to say they are an MHFA Champion
- A manual to refer to whenever they need it
- A quick reference card for the Mental Health First Aid action plan
- A workbook including a helpful toolkit to support their own mental health
- A copy of the Line Managers' Resource, an invaluable source of advice on how to support an employee experiencing mental ill health

# Half Day: Mental Health Awareness



## Course Introduction

This introductory four-hour session 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 issue
- A Certificate
- A MHFA Resource Manual
- A Course Workbook
- A copy of the Line Managers' Resource Book

## Trainer Profile

Over the past 30 years, Ross McWilliam has worked in over 1,000 schools and businesses. Through his work in the field of mindsets, he has changed the lives of one million children, young adults and professionals. Ross has demonstrated an unrivalled record of engagement, education and empowerment and has been described by leading international psychology professor Barry Hymer as 'a classic growth mindset.'

Ross has written for various journals such as Times Educational Supplement, SecEd, Head Teacher Update, Meetings & Incentive Travel and Lancashire Business View. Ross is also a published children's author, more information can be found at: [www.cuppajourney.com](http://www.cuppajourney.com)



07771 916 788



[ross@mindsetpro.co.uk](mailto:ross@mindsetpro.co.uk)



[www.mindsetpro.co.uk](http://www.mindsetpro.co.uk)



**MINDSETPRO**  
ROSS McWILLIAM  
DEVELOPING PEOPLE - IMPROVING PERFORMANCE