

Health and Safety

Course Name

Mental Health First Aid 2day Adult

Course Description

Mental Health First Aid (MHFA) is a training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. The course may include details which some colleagues may find upsetting or distressful. Please consider this prior to attending the course and discuss with your line manager.

Audience

Staff wishing to become peer to peer supporters and accredited Mental Health First Aiders

Duration: 2 Day(s) **Class Size:** 16

Competence Name Awarded

Mental Health First Aid 2day Adult

Competence Awarded

MW2

Course Code

MW2

Prerequisite Name**Prerequisite Short Code****Skills Assessment Scheme Regime****Course Type**

Face to Face

Download Date: 18/5/2024