

# 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:** 6/10/2024