

Mental Health First Aiders are trained to ensure the mental health of your workforce is looked after and individuals are supported with seeking help.

Course Summary

Certification: 

Duration: 2 DAYS

Valid for: 3 YEARS

Cost: £300 ex VAT **NON-MEMBER:** £300 ex VAT

Details

Working conditions, environment and workplace culture can have a significant effect on the mental health of your workforce. Empowering your employees to open conversations around mental health can be extremely beneficial to your business, with an estimated 12.7% of all sickness absence days in the UK attributed to mental health conditions. Research has shown that better mental health support in the workplace can save UK businesses up to £8 billion per year.

Our 2-day course qualifies employees as Mental Health First Aiders. MHFA's play a vital role in managing your workforce's wellbeing, spotting triggers and signs of a range of mental health issues.

The course, which is run in conjunction with Mental Health First Aid England gives people the tools to support their mental health and that of their colleagues and encourages them to access timely support when needed. Candidates will gain the confidence to step in, reassure and support a person in distress using the Mental Health First Aid action plan.

Who should attend

This course is suitable for anyone within a workforce who wishes to take responsibility for the mental health and wellbeing of the team.

Course assessment and certification

There is no formal assessment for this course but delegates must complete all sections.