Hampshire FA

Brings you

Full two day course, qualifying participants to be

Certified Adult Mental Health First Aiders

Thursday 28th and Friday 29th November 2019

Winklebury Football Complex, Winklebury Way, Basingstoke RG23 8BF

Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

MHFA won't teach you to be a therapist – but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.

You'll learn to recognise warning signs of mental ill health and develop the skills and confidence to approach and support someone while keeping yourself safe.

What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

Mental Health First Aiders have:
- o An in depth understanding of mental health and the factors that can affect wellbeing
- o Practical skills to spot the triggers and signs of mental health issues
- o Confidence to step in, reassure and support a person in distress
- o Enhanced interpersonal skills such as non-judgemental listening
- o Knowledge to help someone recover their health by guiding them to further support

What to expect
- o We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.
- o You will get an MHFA manual to keep and refer to whenever you need it. When you complete the two days you'll get a certificate to say you are a Mental Health First Aider.

Learning takes place across four manageable sessions. Through a mix of group activities, presentations and discussions, each session is built around a Mental Health First Aid action plan. Due to some of the sensitive subjects of our courses, including suicide, we limit numbers to 16 people. We want everyone to feel safe and we can help if people find some topics particularly difficult.

To register, please email hello@Ed4Health.co.uk