

## Mental Health First Aid

### Adult MHFA or Youth & Adolescent MHFA available

#### Two day course

#### Licensed Training Delivery

A comprehensive full day course that is based on the Social Care Framework developed by Social Care Wales 'Induction to Safeguarding'. This course provides a standardised approach to Safeguarding Adults and Children awareness training and includes the new All Wales Safeguarding procedures. Two-day course (6 hours per day) – £175 inclusive of delegate copy of licensed Mental Health First Aid Manual.

#### Course Aims

- ✓ Provide delegates with an accredited certificate in Mental Health First Aid Wales.
- ✓ Develop knowledge and understanding of recognizing when an individual needs help and how to approach this.
- ✓ Learn how to protect their own, and other people's mental health.

#### Learning Outcomes

- ✓ Identify signs and symptoms of common mental health problems
- ✓ Preserve life where a person may be a danger to themselves or others.
- ✓ Provide help to prevent a mental health problem developing into a more serious issue.
- ✓ Promote recovery of good mental health.
- ✓ Provide information on how to access support.

***"This is so important in everyday life, not just work. A real eye-opener of what to look for and how to help people who may be struggling. It is something that affects us all, the trainer was lovely, made sure we were ok throughout. Thank you."*** -Learner 2022

*Start a new chapter*  
*Dechrau pennod newydd*

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