



## Mental Health First Aid Course

### Adults

**Cost: £175 +VAT per person**

**Delivery: In Person or Online**

Mental Health First Aid (MHFA) for adults is a training program that teaches participants how to recognise and respond to signs and symptoms of mental health and substance use challenges. It's designed to equip individuals with the skills to provide initial help until professional support can be obtained.

#### Course Aims:

- To preserve life where a person may be in danger to themselves or others.
- To provide help to prevent the mental health problem from developing into a more serious state.
- To promote the recovery of good mental health.
- To provide comfort to a person experiencing a mental health problem.
- To increase mental health literacy.
- To increase confidence in providing mental health first aid.

#### Course Outcomes:

Learners will have:

- Gain a better understanding of mental health conditions, their signs, symptoms, and risk factors.
- Become more knowledgeable about the developmental factors that influence mental health.
- Be more confident in their ability to recognise and respond to mental health challenges.
- Develop practical skills in approaching, listening to, and supporting people in distress.
- Improve abilities to recognise and respond to crisis situations, such as suicidal ideation, and self-harm.

## Details

In- person	Online
£175.00 per person	£175.00 per person
Maximum 14 Attendees	Maximum 14 Attendees
Two Full day session- 30 min lunch break plus 2 comfort breaks	E-learning modules 1-3 3-hour webinar E-learning Modules 4-5 3-hour webinar  Online modules must be completed before accessing live webinars

\*Prices exclude VAT

## Book Your Training Today

To book one of our courses, or to request more information, or receive a no-obligation quote, please get in touch with our friendly team at [Learn@storicymru.org.uk](mailto:Learn@storicymru.org.uk) or use the enquiry form on our website. We'll be happy to assist you with any questions and help you find the training that best suits your needs.

### Bespoke Training Tailored to You

If you have specific training needs, we would be delighted to collaborate with you to develop a programme that aligns with your objectives and empowers your team to excel.

Please reach out to us to discuss how we can support your organisation's growth and success.