

Mental Health First Aid Training Costs

Training	Details	Costs
Accredited MHFA training	<ul style="list-style-type: none"> - Up to 16 people per closed 1 & 2 day courses & 25 people for ½ day courses - Price include a resource booklet per delegate - Venue to be provided by the client 	½ day course £1600+vat Full day course £1840 + vat 2 x day course £2600 +vat

ADULT – TWO DAY COURSE

The Adult Mental Health First Aid course is a 2-day course for:

- Any adult (16+) who wishes to learn more about mental health issues
- People who, on a personal level, are supporting those with mental health needs
- People who, in the course of their work, are supporting those with mental health needs
- Anybody working in the field of mental health
 - Spot the early signs of a mental health problem
 - Feel confident helping someone experiencing a problem
 - Provide help on a first aid basis
 - Help prevent someone from hurting themselves or others
 - Help stop a mental illness from getting worse
 - Help someone recover faster
 - Guide someone towards the right support
 - Reduce the stigma of mental health problems

ADULT – ONE DAY COURSE – Line Managers Course

The one-day mental health awareness and skills course qualifies you as an Adult MHFA Champion.

MHFA Champions have:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

ADULT - HALF DAY COURSE

Introductory 4-hour course which will enable you to:

- Gain a wider understanding of some issues surrounding mental health
- Gain a greater understanding of how mental health affects business
- Work more effectively with people experiencing mental health problems.