

Mental Health First Aid



£51 billion is spent by UK businesses on poor mental health each year. Every £1 spent on mental health interventions returns £5 in reduced staff absence, presenteeism and staff turnover.

Mental Health First Aid is an accredited, licenced qualification which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. Mental Health First Aid won't teach you to be a therapist, but 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. You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through their GP, their school or place of work, online self-referral, support groups, and more.

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 Aid does not stop with a single course. It is an ongoing journey of learning, experiences, and understanding. By creating the largest dedicated community of Mental Health First Aiders® and a membership body, we can support Mental Health First Aiders long after they have completed their course.

You will be invited to join the Association of Mental Health First Aiders®, England's first and only membership body for Mental Health First Aiders. By joining the largest community of its kind, you will be empowered to carry out your role with confidence, skill, and care.

We generally limit the number of participants on each course to 16.

Cost per person: £300.00

Cost per organisation: Please contact us to discuss further.