

Become a Mental Health First Aider with an Online Mental Health First Aid course

Through a blend of instructor-led live sessions and self-learning activities, you will:

- Develop practical skills to spot the triggers and signs of mental health issues
- Gain confidence to reassure and support a person in distress
- Learn how to guide them to further support for recovery

For more info and to book, contact:



Visit the MHFA England website at mhfaengland.org
Find us on social media @MHFAEngland

