

# Mental Health First Aid Half Day Aware Virtual Training (MHFA)

## For VCSE groups in Bedford Borough, Central Bedfordshire, and Milton Keynes



**9.00am-1pm - 1<sup>st</sup> March, 7<sup>th</sup> March, and 8<sup>th</sup> March.**

**This half day course is designed to provide you with:-**

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of common mental health issues
- Ways to look after your own wellbeing, tools, to pass onto others
- Confidence in supporting someone in distress or who may be experiencing a mental health difficulty.

### **Content:**

Through a mixture of presentations, group discussions and activities you will develop skills enabling you to: -

- Raise awareness and mental health literacy / terminology
- Enhance your knowledge and increase confidence to support a person who may be experiencing emotional health difficulties.
- Promote early intervention to enable recovery.

**As part of the course, you will receive:-**

- An MHFA manual to refer to, when needed.
- A workbook including a helpful toolkit to support own wellbeing.
- (On course completion) A certificate of attendance to say you are Mental Health Aware (MHFA)

**Places are limited to 1 place per organisation, to book your place contact [Sophie.Jordan@milton-keynes.gov.uk](mailto:Sophie.Jordan@milton-keynes.gov.uk)**