

# Mental Health First Aid England Adult Mental Health First Aid Course

## COURSE INFORMATION

Venue: Zoom sessions

Dates: Tuesday 5th Jan 2021  
Thursday 7th Jan 2021  
Tuesday 12th Jan 2021  
Thursday 14th Jan 2021

Times: All sessions  
1:00pm to 4:00pm

The cost of this MHFA England programme is £300, but the TS is subsidising this for you and will charge only **£180.00**

Trainers:  
Anne Stokes & Jo Tweedale  
MHFA England  
accredited instructors

## BOOKING DETAILS

Please send booking form to  
tsadmin@sheringhamprimary  
.norfolk.sch.uk

### Contact

Debbie Matthews  
01263 823848



@SCPSTeachSchool

www.sheringhamprimary  
.norfolk.sch.uk

National Teaching School  
designated by



National College for  
Teaching & Leadership

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. Learning takes place through four live training sessions, spread across two weeks, with self-learning activities in between. This course is delivered by two Instructor Members who have both attended the MHFA England Instructor Training programme accredited by the Royal Society for Public Health, and are trained to keep people safe and supported while they learn.

## WHO SHOULD ATTEND?

This course is suitable for those who want to gain the necessary skills to have a non-judgemental conversation, recognise the signs and symptoms of mental health issues and effectively guide a person towards the right support.

Please be aware that this course focuses on employees in the workplace and covers subjects that some people may find distressing, including suicide and self-harm.

## WHAT WILL I LEARN

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own.
- Practical skills to spot the triggers and signs of mental health issues.
- Confidence to step in, reassure and support a person in distress.
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to appropriate support.

## Everyone who completes the course gets:

- A certificate of attendance to say you are a Mental Health First Aider
- A manual to refer to whenever you need it
- A quick reference card for the Mental Health First Aid action plan
- A workbook including a helpful toolkit to support your own mental health



## BOOKING FORM

Delegate School:

I wish the person(s) named below to attend the selected programme :

		Delegate Name & Email
<b>Mental Health First Aid England Adult Mental Health First Aid Course</b>	4 x zoom sessions starting 5th January 2021 Cost £180.00	

I understand that in signing this form, I am committing the above named to attending the agreed sessions and my school to payment of the appropriate fee.

For cancellations made by the school/establishment more than 28 working days prior to the course date, a £20 per person administration fee will be charged. The full fee will be charged in the case of non-attendance or for cancellations made within 28 working days of the course date.

If we cancel the course, and in other exceptional circumstances, at the discretion of the Teaching School, no charge will be made or, if the course fee has already been paid, the fee will be refunded in full or the course will be rescheduled for a mutually convenient date.

Signed (Head Teacher): \_\_\_\_\_

Date: \_\_\_\_\_

Please return to: [tsadmin@sheringhamprimary.norfolk.sch.uk](mailto:tsadmin@sheringhamprimary.norfolk.sch.uk) /

Sheringham Community Primary School, Cooper Road, Sheringham, NR26 8UH