

Mental Health First Aid England

Adult Mental Health First Aid Course

COURSE INFORMATION

Venue: Zoom sessions

Dates: Tuesday 9th March 2021
Thursday 11th March 2021
Tuesday 16th March 2021
Thursday 18th March 2021

Times: All sessions
12:30pm to 3:30pm

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 interactive live training sessions**, spread across two weeks, with **online self-learning activities which must be completed prior to each session**. The self-learning activities take between 1 and 2 hours each time.

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 an accredited MHFA England 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
Mental Health First Aid England Adult Mental Health First Aid Course	4 x zoom sessions starting 9th March 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. I can confirm that the delegate(s) understand the requirement to attend all live sessions and complete the online learning activities prior to each session in order to achieve the MHFA accreditation.

For cancellations made by the school/establishment more than 28 working days prior to the course date, a £35 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 /

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