



MHFA England

**Adult Mental Health
First Aid**

WELCOME TO YMCA

Thank you for your interest in YMCA Birmingham, you have just become part of the largest youth charity in the world!

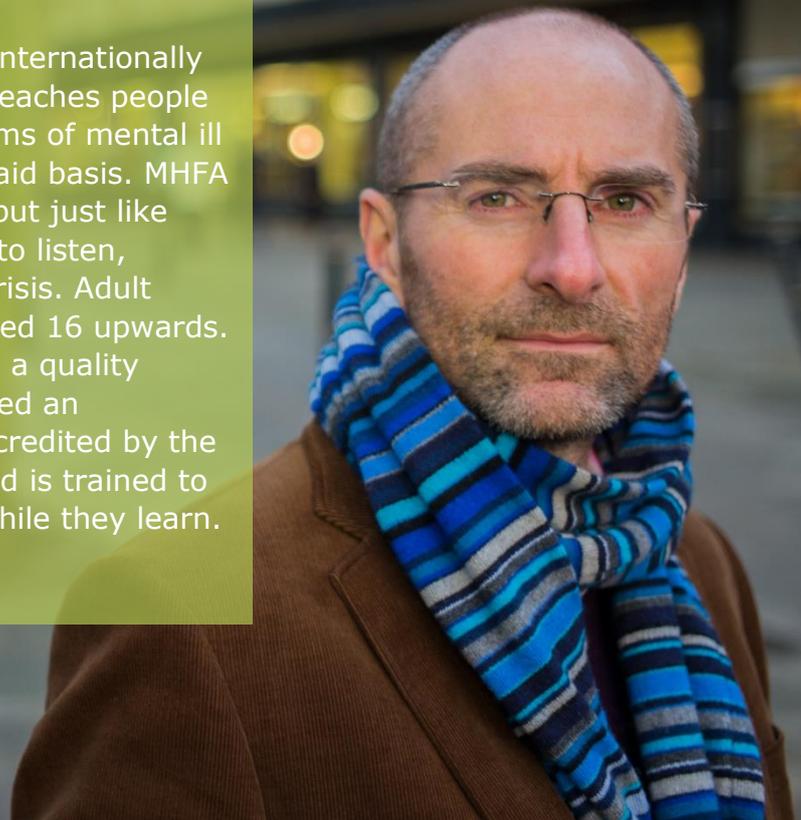
We are an approved mental health training provider and social support organisation. We have hands on experience of supporting thousands of vulnerable people across the whole of the UK and therefore believe it is our duty to help raise awareness of mental health. Our goal is to see mental health given parity with physical health and our courses will develop your skills and confidence when faced with this challenging and often misunderstood subject.

- Established in 2012, we are an approved Mental Health First Aid Training partner, Apprenticeship Provider and Accredited Training Centre for the Chartered Institute of Housing.
- Our vision is to help upskill and continuously raise awareness of mental health. We do this by creating a national community of well-trained and formally qualified mental health training professionals.
- Based in the Midlands, we are able cover the whole of the UK and have a fully operational Training Department for the job.
- As a not for profit organisation, every penny that is made as a direct result of you signing up to one of our courses is reinvested back into our charitable work and mission.

"Our mission is to inspire young people to discover their potential so that they can live life in all its fullness".

INTRODUCTION

Mental Health First Aid (MHFA) is 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. MHFA won't teach you to be a therapist but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis. Adult MHFA courses are for everyone aged 16 upwards. Every MHFA course is delivered by a quality assured instructor who has attended an Instructor Training programme accredited by the Royal Society for Public Health, and is trained to keep people safe and supported while they learn.



Half Day MHFA Awareness

Our half day course is an introductory four-hour session to raise awareness of Mental Health.

It is designed to give you;

- An understanding of what Mental Health is and how to challenge stigma.
- A basic knowledge of some common Mental Health Issues
- An introduction to looking after your own mental health and maintaining wellbeing.
- Confidence to support someone in distress or who may be experiencing a mental health issue.

The half day awareness course highlights key areas of mental health but does not cover all the mental health conditions, nor does it cover the action plan 'ALGEE'. This course is very much an introductory course allowing participants to start a conversation around mental health. **This does not qualify learners as qualified first aiders.**

Cost for this course is £950 +VAT (in-house course between 8 – 16 delegates) plus £13 per delegate for the MHFA Manual and Workbook.

One Day MHFA Champion

Our one day Mental Health Awareness and Skills Course qualifies you as an Adult MHFA Champion.

MHFA Champions have:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

This course goes into greater detail of the differing mental health conditions providing more time for interaction but it does not provide the participant with the first aid qualification. It does introduce the MHFA action plan but not in detail. **This does not qualify learners as qualified first aiders.**

The cost for this course is £1200 + VAT (in-house course between 8 – 16 delegates) plus £20 per delegate for the MHFA Manual and Workbook.

Two Day MHFA Qualified

The two-day Mental Health First Aid course is internationally recognised and will leave employees qualified Mental Health First Aiders able to assist colleagues in need.

The two-day Mental Health First Aid course includes;

- Scientifically greater insight into signs, symptoms + treatment of mental health conditions from depression + anxiety to psychosis and suicidal crisis.
- Focused guidance on how to interact with someone in need.
- Plenty of time for discussion, interaction + resources such as videos and case studies
- In-depth understanding of Mental Health + factors affecting wellbeing.
- Practical skills to spot triggers + signs of mental health issues + the confidence to help a person in distress.
- Ideal for the line managers + more senior employees in people facing roles
- Give each attendee an in depth MHFA manual to keep and refer to when they need it, packed full of in-depth research + statistics.
- Qualifies employees to be a Mental Health First Aider

The cost of the course is £2400 + VAT (in-house course between 8 – 16 delegates)
Plus a cost of £25 for the MHFA Manual and Workbook.

WE ALSO DELIVER

Youth Mental Health First Aid

Equality and Diversity

Team Working

Self-Harm

Eating Disorders

Conflict Management & Resolution

Safeguarding

Suicide Awareness

Substance Misuse

YMCA

To find out more please contact us on
0121 478 4245 or email
training@ymcabirmingham.org.uk



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION