

YMCA BIRMINGHAM

TRAINING AND EDUCATION

YMCA

Adult Mental Health First Aid Courses

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.



MHFA England

Half Day MHFA

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 does not cover all the mental health conditions, it does not cover the action plan ALGEE and highlights key areas of Mental Health briefly. This course is very much an introductory course allowing participants to start a conversation around mental health. **This does not qualify you as a first aider.**

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

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 provide an introduction to the MHFA Action plan but does not cover this in detail. **This does not qualify you as a Mental Health First Aider.**

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

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.

All the above courses are for an in-house course of between 8 – 16 delegates.

If you need any further information at all, please contact. Training@ymcabirmingham.org.uk or 0121 478 4250



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.