



## Your benefits

- Improved productivity & engagement
- Improved relationships
- Clearer thinking
- Reduced anxiety
- Improved moods
- Reduced risk of depression

Multi -  
Accredited  
Provider

# Mental Health First Aiders Course: **MHFA Accredited**

We teach you the skills required to become aware of triggers and signs of mental health issues, the ability to know when to step in and assist and have the knowledge to guide someone to further support.

This course will qualify you as a Mental Health First Aider giving you:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in crisis
- Enhanced interpersonal skills such as non - judgemental listening and support
- Knowledge to help on the path of recovery, by guiding and encouraging further support whether that's self-help resources, through their employer, the NHS, or a charitable organisation.



Course Cost: £300 per person excl VAT (as valued by the MHFA).

### **Keep on top of your workplace wellbeing:**

Trainees will complete a two-day course with four manageable sessions. Learning takes place through a mix of presentations, group discussions and workshop activities. Upon successful completion a certificate of attendance will be issued.

**Book Now: 01302-756-777 | [training@certex.co.uk](mailto:training@certex.co.uk)**