

Adult Mental Health First Aider

With the Adult Mental Health First Aid (MHFA) training you will access the very best evidence-based MHFA training. The training is grounded in research and developed with clinical practitioners. It is proven to increase MHFAiders confidence in supporting adults with mental health issues.

Why become a MHFAider?

You will gain:

- A deeper understanding of mental health and the factors that can affect people's wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- The confidence to step in and support someone to recover their health by guiding them to appropriate support
- Access to exclusive resources, ongoing learning opportunities and the benefit of joining England's largest community of MHFAiders.

As a CMAT we are committed to training 1 in 10 staff as MHFAiders in any role. We look forward to working with you.

Booking Information

This training is for staff who are supporting Adult Mental Health in schools.

This training costs £36pp to attend and covers the cost of the resource pack.

Please note that attendance on both days of training is mandatory.

18th and 19th Nov

9am-5pm

Online Training

[**Book here**](#)

12th and 13th March

9am-5pm

Online Training

[**Book here**](#)

2nd and 3rd June

9am-5pm

Online Training

[**Book here**](#)