



**OUR LADY
OF LOURDES**

CATHOLIC MULTI-ACADEMY TRUST

Adult Mental Health First Aider Training

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.

We would encourage every school to initially send one member of staff onto one of the training events.



Booking Information

Online Event

9am-5pm over two dates.

Attendance is required on both days.

- 1st July
- 2nd July

Cost £35pp

[Book here](#)