

## Mental Health First Aid – online course

**Mental Health First Aid (MHFA)** is an internationally-recognised training course which teaches people how to spot the signs and symptoms of ill mental health and provide help on a first-aid basis. MHFA England training 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. On completing the course, you will receive a nationally recognised qualification as a **Mental Health First Aider**.

Adult MHFA England courses are for everyone aged 16 and upwards. Every MHFA England course is delivered by a quality-assured instructor member who has attended the instructor training programme accredited by the Royal Society for Public Health, and is trained to keep people safe and supported while they learn.

The Diocese of Bristol currently has three trained MHFA instructors and is running Mental Health First Aider courses regularly. The courses are being delivered online in four two-hour sessions over a two-week period alongside personal study in between the sessions. We plan to start delivering two-day face to face courses in 2022.

### On the course you will:

- Learn how to recognise warning signs of ill mental health, and develop the skills and confidence to approach and support someone while keeping yourself safe.
- Learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through their GP, their school or place of work, online self-referral, support groups, and more.
- Gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

As course attendee, you will need to pay for your own course manual (£30). Your parish may cover this for you. If this cost prevents you attending, please get in touch through the email address below. The diocese will provide the course to you free of charge – the usual cost is £300 per participant.

You will need to be able to attend all four sessions of the course. There is also individual learning between the sessions.

### Open to all

This course is aimed at church leaders, both lay and ordained, and in particular those engaged in pastoral care and those overseeing that care.

**If you would like to attend one of these courses, or require more information, please contact:**  
[mentalhealthfirstaid@bristoldiocese.org](mailto:mentalhealthfirstaid@bristoldiocese.org)