



Online Mental Health First Aid Adult (14th and 21st Aug 2020)

This course is a blend of 4 live training sessions and self-learning activities and will teach you practical skills to **spot the triggers and signs of mental health issues.**

With the support of 2 MHFA instructors, you will **gain confidence to step in, reassure and support a person in distress.**

On completion you will be a certified Mental Health First Aider.
You must attend all 4 sessions across the 2 days to obtain the qualification.



Mental Health Wellbeing at Work



MHFA England

For more **information**, please email
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