



Mental Health First Aid

MHFA

Adult



A programme to create mental health champions!

Mental Health First Aid is designed to equip people with the skills and knowledge they need to help someone with a mental health problem or in a mental health crisis.

AIMS OF MHFA?

- Preserve life where a person may be a danger to themselves or others
- Provide help to prevent the mental health problem from becoming more serious
- Promote the recovery of good mental health
- Provide comfort to a person experiencing a mental health problem

HOW TO APPLY

For more information and to find out how to apply, please visit the AWARE NI website: www.aware-ni.org
or email: training@aware-ni.org

COURSE CONTENT

- What is meant by mental health/ mental ill health?
- How to recognise the symptoms of mental health problems
- How to provide initial help
- How to go about guiding a person towards appropriate professional help

DELIVERY

This programme lasts 12 hours.

Face-to-face delivery consists of 2 x 6-hour sessions.

Online delivery via Zoom consists of 3 x 4-hour or 4 x 3-hour sessions.

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

AWARE-NI.ORG    

Registered with the Charity Commission for NI with NIC100561 Company No. N.I. 30447

This programme sits within Tier Three of the PHA Mental and Emotional Health and Wellbeing and Suicide Prevention Training Framework.

This is a PHA certified course:

