

Adult Mental Health First Aid - Lite

Course Description:

Our Adult MHFA Lite course is an introductory three hour mental health awareness course.

By the end of the course you'll be able to:

- Define mental health and some common mental health issues
- Identify stigma and discrimination surrounding mental health issues
- Relate to people's experiences and support people in distress
- Look after your own mental health.

Course Outline:

The session will be a mix of presentations, group interaction, and activities. Our instructors provide a safe learning environment and are trained to support you throughout the whole course. If you don't feel comfortable joining in certain parts, then there is no pressure to.

Due to some of the sensitive subjects of our courses, we limit numbers to 25 people. We want everyone to feel safe and our instructors can help if people find some parts particularly difficult.

You'll receive an Adult MHFA Lite manual that you can take away with you at the end of the session and an attendance certificate from MHFA England.

Course Duration:

3 hours

