

CTS0012

## Mental Health First Aid (MHFA England)

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**Duration** 2 Days

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**Target group** This Mental Health First Aid (MHFA) course, developed by MHFA England teaches individuals how to recognise the signs that someone may need support with their mental health and offer help. It will provide in-depth understanding of mental health and the various factors that can affect mental well-being.

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**Prerequisites** Appropriate level of written and spoken English

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**Objective** "This Mental Health First Aid (MHFA) course, developed by MHFA England teaches individuals how to recognise the signs that someone may need support with their mental health and offer help. It will provide in-depth understanding of mental health and the various factors that can affect mental well-being.

Many people are unsure how to respond to someone who appears to be experiencing a mental health problem. This course aims to address this uncertainty, by equipping individuals with the knowledge and confidence to recognise mental health problems, and enable them to respond helpfully. In addition to being able to start positive conversations about mental health, a trained Mental Health First Aider is also a role model for how to manage, understand and support mental health, ultimately supporting your overall workforce and workplace."

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**Contents** "This course trains you as a Mental Health First Aider, giving you:  
An in-depth understanding of mental health and the factors that can affect wellbeing  
Practical skills to spot the triggers and signs of mental health issues  
Confidence to step in, reassure and support a person in distress  
Enhanced interpersonal skills such as non-judgemental listening  
Knowledge to help someone recover their health by guiding them to further support – whether that's self-help resources, through their employer, the NHS, or a mix"

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**Exam** N/A