



MHFA Champions



Introduction

Mental Health First Aid (MHFA) England is an internationally recognised training provider. Through a mix of group activities, presentations and discussions, the MHFA Champions course is built around a Mental Health First Aid action plan.

This course will provide:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health and help to reduce stigma in the workplace
- Skills to support the MHFAiders® and promote positive wellbeing

Everyone who completes the course gets an MHFA manual to keep and refer to whenever they need it, and a certificate to say they are a MHFA Champion.

Each course is delivered by a quality assured instructor, who has attended the seven-day instructor training programme accredited by the Royal Society for Public Health.

Note

This course does not qualify you as a MHFAider® but does provide information and knowledge on the appointment of and the role of a two-day qualified MHFAider®.



Course Duration

SSG offer this course over one day as a classroom or virtual course.



Course Attendees

This course is designed for delegates across all levels of an organisation, but primarily for line managers or anyone who has the responsibility of managing a team.



Course Programme

Our MHFA instructors deliver training in two sections, with a focus in the afternoon on application of the learnt skills.

Session 1

- About mental health first aid
- About mental health and stress in the workplace

- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health

Session 2

- Alcohol, drugs and mental health
- Applying the mental health first aid action plan
- Recovery
- Building a mentally healthy workplace
- Action planning for using MHFA



Training Certification and Assessment

This course is certificated by MHFA England. On successful completion of training delegates will receive certificates. Refresher training is recommended after three years.



Suggested Follow on and Complementary Courses

- Mental Health First Aiders (MHFAiders®)
- IOSH Managing Occupational Health and Wellbeing