



PROMOTING TECHNICAL EXCELLENCE

**ABTT Online Mental Health First Aid Training (2 day course):**

**What is Mental Health First Aid?**

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. MHFA England training won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis. Adult MHFA England courses are for everyone aged 16 upwards. Every MHFA England course is delivered by a quality assured Instructor Member who has attended our Instructor Training programme accredited by the Royal Society for Public Health, and is trained to keep people safe and supported while they learn.

**How is the course structured?**

Learning takes place online through a mix of group activities, presentations and discussions. What you learn will depend on the length of course you attend: Two Day - Mental Health First Aiders.

**What will I learn?**

- The course is specifically tailored as a practical skills and awareness course designed to give you:
- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own;
- Practical skills to spot the triggers and signs of mental health issues;
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to appropriate support.

**How will attending an MHFA England course help?**

- Research and evaluation shows that taking part in an MHFA England course:
- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

**Course Costs**

The course is run over 2 days and costs £150 plus VAT for both days. Payment should be made to Theatrical Trading Ltd.

**Please complete the application below for the ABTT MHFA course :**

**Name:** ..... **Membership No:** .....

**Address:**.....

..... **Postcode:** .....

**Telephone Number:** .....

**Email:** .....

**To pay by credit card please call the office on 0207 242 9200 and we we happily assist.**

**To pay via purchase order, please provide a PO number along with this form and email the ABTT Office.**

