PROMOTING TECHNICAL EXCELLENCE

ABTT Online Mental Health Champion Training (Two half day sessions):

What is Mental Health Champion Training?

The MHFA England champion course is training to educate and inform people more on mental health and wellbeing. It is recommend in particular to anyone that has responsibility for managing people. The aim of the course is to educate and give people confidence in talking about and dealing with issues related to well being and mental health.

The great thing about this course is you can commit to attend and learn but don't have the added responsibility of being a MHFaider. In completing this course you have committed to learning more about mental health in the work place and being part of the change to reduce the stigma and create a culture where people can talk.

You will leave trained as a mental health champion but not a Mental health first aider.

What will I learn?

The course is specifically tailored as an awareness course designed to give you:

– An understanding of common mental health issues
– Knowledge and confidence to advocate for mental health awareness
– Ability to spot signs of mental ill health
– Skills to support positive well-being

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 half days and costs £105 plus VAT for all sessions. Payment should be made to Theatrical Trading Ltd.

Please complete the application below.

Course Date:...

Name: ....

Membership No: ....

Address:...

....

Postcode: ....

Telephone Number: ....

Email: ....

To pay by credit card please email admin@abtt.org.uk and we will happily assist.

To pay via purchase order, please provide a PO number with this form and email admin@abtt.org.uk.