Mental Health First Aid training

MHFA England
INSTRUCTOR MEMBER

Train your people as Mental Health First Aiders (MHFAiders®) and they'll get three years of support and exclusive benefits to help them feel empowered and confident in their role

Good mental health means good work

If your people are struggling, your business will struggle too. Research from Deloitte puts the cost of poor mental health to UK employers at £56 billion a year, yet for every £1 spent on wellbeing support there was an average £5 return - this is where we can help. By investing in our training, you are investing in your people and your organisation.

The last few years have been hard on everyone - organisations, employees, and the people supporting them. Amidst a global pandemic, economic uncertainty and changes to the ways we work, the need to support the mental health and wellbeing of your people is greater than ever.

With Mental Health First Aid (MHFA) England training you will be accessing the very best evidence-based Mental Health First Aid (MHFA) course available. Our training is grounded in research, developed with clinical practitioners and proven to increase MHFAiders® confidence in supporting people with mental health issues.

With our new offer, MHFA training doesn't stop when the course comes to an end, MHFAiders® receive continuous support well beyond their initial certification so they are confident, empowered and motivated to carry out their role.

Why train your people as MHFAiders®?

MHFAiders® are essential to maintaining employee wellbeing. By training with us your people will gain:

- A deeper understanding of mental health and the factors that can affect people's wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- The confidence to step in and support someone in the workplace by guiding them to appropriate support
- Three years access to the MHFAider Support App® with 24/7 digital support
- Access to exclusive resources, ongoing learning opportunities, and the benefit of joining England's largest community of trained MHFAiders®

Why choose MHFA England training?

- MHFA England training is key for creating a healthy workplace where the mental health and physical health of employees are valued equally
- 91% of people had a better understanding of mental health after completing their MHFA England course
- Since MHFA England was founded in 2007, our Instructor Members have provided training to over 20,000 workplaces equating to hundreds and thousands of MHFAiders®
- MHFA England Instructor Member training is accredited by the Royal Society of Public Health, meaning a quality assured and consistent training experience
- We are committed to changing workplace mental health for the better

If you want to know more about developing crucial mental health support skills in your workplace, get in touch today.

To learn more or book onto an MHFA course: