

# Mental Health First Aid

## Half-day 'Aware' course

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This half day course is an introductory session to raise awareness of mental health. Delegates will increase their knowledge and understanding of what mental health is and how to challenge the stigma surrounding it. This is especially important as one in four people will experience a mental health problem of some kind each year in England and one in six people report experiencing a mental health problem in any given week in England. This course can be delivered face to face or online.



### Who is this course for?

This half-day course is designed with organisational leaders in mind. We realise that today's world is demanding more from leaders and this affects their behaviours, mindset and ability to deliver optimum results. This course gives delegates an overview of how to look after their own mental health so they can fulfill their potential, be more aware of their team's mental health and therefore be in a better position to lead their people.

### What does it cover?

This course gives delegates a basic knowledge of common mental health issues and teaches them how to look after their own mental health and wellbeing. Learning takes place through a mix of presentations, group discussions and workshop activities.

### Key learning outcomes for delegates

- ✔ An understanding of what mental health is and how to challenge stigma
- ✔ An introduction to some common mental health issues
- ✔ Confidence to support someone who may be experiencing mental ill health
- ✔ Ways to look after their own mental health and support wellbeing

### Embedding action

On completion of the course, delegates will receive:

- ✔ A certificate of attendance from MHFA England, to say that they are Mental Health Aware
- ✔ A manual to refer to whenever they need it
- ✔ A workbook including a helpful toolkit to support their own mental health.