

Higher Education  
MHFA



One Day

# Mental Health First Aid starts with you



Learn more at [mhfaengland.org](https://mhfaengland.org)

MHFA England

## What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental health issues and provide support on a first aid basis.

In consultation with leading student mental health charity Student Minds, MHFA England has created a course tailored to the Higher Education community. The course has been piloted in 16 universities and evaluated by the University of Chester.

Every MHFA course is delivered by a quality assured instructor who has attended our seven day Instructor Training programme accredited by the Royal Society for Public Health.

## What does a Higher Education MHFA course involve?

Our specialised Higher Education MHFA instructors deliver an intensive one day course which covers these key topics:

- What is mental health?
- Depression and anxiety
- Suicide
- Self-harm and eating disorders
- Psychosis
- Mental Health First Aid action plan

The day includes a mix of presentations, group discussions and workshop activities. Our instructors provide a safe learning environment where participants are supported throughout the course.

## How will attending a Higher Education MHFA course help?

The course gives a deeper understanding around the issues that relate to student and staff mental health. Participants learn practical skills that can be used every day, including how to spot the early signs of mental ill health.

Research and evaluation shows that taking part in an MHFA 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

Everyone who completes the course receives a copy of the Higher Education MHFA manual which is an excellent reference and support resource.

They also get a certificate and badge to say they are an **MHFA Champion** - someone with the skills and confidence to advocate for mental health awareness, support a culture of positive wellbeing, spot signs of mental ill health and guide a person to a place of support.

## Booking

As a one day course, it fits into the busy academic calendar and can be scheduled at any time of year.

We value the Higher Education MHFA One Day course at £200 per person. Please note that course costs may vary depending on location and instructor.

If you wish to train a larger number of people there is also the option to book in-house delivery for your staff or students.

**To find out more about Higher Education MHFA or to book a course, please contact:**