



Mental Health First Aid

MHFA

Adult



A programme to create mental health champions!

Mental Health First Aid is designed to equip people with the skills and knowledge they need to help someone with a mental health problem or in a mental health crisis.

AIMS OF MHFA?

- Preserve life where a person may be a danger to themselves or others
- Provide help to prevent the mental health problem from becoming more serious
- Promote the recovery of good mental health
- Provide comfort to a person experiencing a mental health problem

HOW TO APPLY

For more information and to find out how to apply, please visit the AWARE website: www.aware-ni.org
or email: training@aware-ni.org

COURSE CONTENT

- What is meant by mental health/ mental ill health?
- How to recognise the symptoms of mental health problems
- How to provide initial help
- How to go about guiding a person towards appropriate professional help

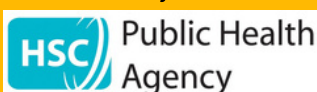
DELIVERY

This programme lasts 12 hours.

Face-to-face delivery consists of 2 x 6-hour sessions.

Online delivery via Zoom consists of 3 x 4-hour or 4 x 3-hour sessions.

This is a certified course, accredited by the



AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

AWARE-NI.ORG



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