

## Mental Health First Aid – online course

Led by Rebecca Cross, Alice Kemp, and Helen Styles

Dates and times below

Cost: £30 (to cover cost of manual and other materials)

**Mental Health First Aid** (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening. On completing the course, you will receive a nationally recognised qualification as a **Mental Health First Aider**.

### On the course you will:

- Learn how to recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone while keeping yourself safe.
- Learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through their GP, their school or place of work, online self-referral, support groups, and more.
- Gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

You will need to pay for your own course manual (£30). Your parish may cover this for you. If this cost prevents you attending, please get in touch through the email address below. The diocese will provide the course to you free of charge – the usual cost is £300 per participant.

### Course dates and times:

- **Course 1**      September 20, 21, 27, 28: 9am for 9.30am–12 noon
- **Course 2**      October 12, 13, 19, 20: 1pm for 1.30–4pm
- **Course 3**      November. Dates and times tbc. Subject to capacity and demand.

Applicants need to be able to attend all four sessions of the course. There is also individual learning between the sessions.

### Open to all

This course is aimed at church leaders, lay and ordained, and in particular those engaged in pastoral care and those overseeing that care.

If you would like to attend one of these courses, or require more information, please contact: [mentalhealthfirstaid@bristoldiocese.org](mailto:mentalhealthfirstaid@bristoldiocese.org)