

Our Training Services

We deliver Mental Health First Aid (MHFA) training, currently in collaboration with other agencies. The MHFA instructors are approved by MHFA England to deliver Adult and Youth MHFA courses. MHFA England is the national licensed organisation for MHFA training.



Our Adult MHFA Two Day course qualifies you as a Adult Mental Health First Aider.

Adult Mental Health First Aiders have:

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support – whether that’s self-help resources, through their employer, the NHS, or a mix

Our MHFA Two day course qualifies you as a Youth Mental Health First Aider

Youth Mental Health First Aiders have:

- An in depth understanding of young people’s mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that’s through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing

You will get an MHFA manual to keep and refer to whenever you need it. When you complete the two days you’ll get a certificate to say you are a Mental Health First Aider.

If you are an organisation keen to have Mental Health First Aiders trained, contact:

Youth MHFA JustinBateman@northkentmind.co.uk