Mental Health First Aid (MHFA)

**AIM** This course teaches participants how to recognise and respond appropriately to signs of mental ill health.

At the end of the course participants will be able to:

- Recognise and respond appropriately to signs of mental ill health
- Feel confident helping someone experiencing a problem
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems

MHFA is an internationally recognised, accredited two-day course that teaches people how to recognise and respond appropriately to signs of mental ill health. The practical, skills based approach demystifies mental health problems and challenges the stigma and discrimination that surrounds mental illness. Participants will learn about anxiety, depression, psychosis and suicide and will gain an understanding about risk factors, signs and symptoms and the range of available treatments.

**BOOK NOW**  
training@commlinks.co.uk  
www.commlinks.co.uk