

Certified Mental Health First Aid training



Mental Health First Aid (MHFA) is an internationally recognised training course. CHAMPS is an accredited MHFA England instructor organisation and believes Mental Health First Aiders and Champions play a vital role in any holistic wellbeing strategy. Team CHAMPS has trained over 900 people in Mental Health First Aid skills, the majority here in the UK but also many overseas. Our instructors all have workplace experience to help ground the training in a way that benefits the organisation. We offer the full range of Adult MHFA courses as follows:

Mental Health First Aider Training (2 days in-person or 4 half days online)

What will you learn?

- How to spot the signs and symptoms of mental ill-health conditions including depression, suicidal crisis, anxiety disorders, self-harm, eating disorders, schizophrenia, bipolar disorder and psychosis
- How to help someone experiencing a mental health problem by assisting on a first aid basis through practical application that builds confidence, skill and knowledge
- What listening non-judgementally looks and feels like in practice, and how to support someone in this way
- How to guide someone towards the right support and networks

Mental Health First Aid Champion Training (1 day in-person or online)

What will you learn?

- How to spot the signs and symptoms of mental ill-health conditions including depression, suicidal crisis and anxiety disorders
- How to help someone who is experiencing a mental health problem by assisting on a first aid basis through practical application that builds confidence, skill and knowledge
- What listening non-judgementally looks and feels like in practice, and how to support someone in this way
- Practical tips on how to create a mentally healthy workplace
- How to guide someone towards the right support and networks

Mental Health First Aider Aware Training (half day in -person or online)

What will you learn?

- What mental health is, factors that impact it positively and negatively, and recovery
- The role that stress plays in work-related mental health issues and how to manage it more effectively
- An overview of the signs and symptoms of the most common mental ill-health conditions (depression and anxiety disorders) and a high-level awareness of suicide, self-harm and eating disorders
- How to approach a conversation with someone who may be struggling

Mental Health First Aider Refresher Training (half day in-person or online)

What will you learn?

- A reminder of what mental health is, factors that impact it positively and negatively, and recovery
- A review of the role that stress plays in work-related mental health issues and how to manage it more effectively
- A review of the signs and symptoms of the most common mental ill-health conditions (depression and anxiety disorders) and the signs and symptoms to look out for to indicate that someone is struggling
- A reminder of how to provide first-aid using ALGEE (including a review of First Aid for suicidal crisis)
- Reflection on how to take care of yourself as a First Aid provider