



## Mental Health First Aid Training

Provided by MHFA England instructors  
in collaboration with 'Spirit in Mind' (NHS linked charity)  
and Barnsley and Rotherham 'MIND'

**ONLINE Delivery or**

**Classroom Delivery (Dewsbury Minster) 28-29<sup>th</sup> March**

If you prefer online delivery, let us know and we will let you know available dates ASAP. Places are limited but other courses will become available soon.

Mental Health First Aid (MHFA) is a **2-day training course** which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. This is suitable for faith community groups with a mental-health focus.

On this course you will learn how to:

- Encourage people to challenge the language we use around mental health
- Explore our different frames of reference and the stigma attached to mental health
- Help people to understand what good mental health looks like
- Explore the factors that can have an impact on our mental health
- How to support yourself and others with self-care, giving the skills to influence your own mental health and help prevent mental ill health
- Teach to intervene (including in a crisis), reassure and signpost to further support
- Teach about diagnosable mental health conditions, what unwell looks like and how to spot these signs in yourself and others
- Talk about what to do if you think someone is unwell and the steps to take for early intervention
- Talk about recovery from mental illness and looking forward

For further information and to apply please contact Pastoral and Spiritual Care on 01924 316282 or email [simon.beresford@swyt.nhs.uk](mailto:simon.beresford@swyt.nhs.uk) more details