



After the success of the past year, we are rolling this programme out across the South East for all those working within Primary Care. Mental Health First Aider (MHFA) training will be available throughout the South East, supporting the pledge made by the NHS to help reduce stigma and discrimination around mental health.



Course Details

Accredited by the Royal Society for Public Health, this online Mental Health First Aid course qualifies learners to become registered Mental Health First Aiders. MHFA helps to raise awareness of mental health and reduce stigma and discrimination in the hope that more people will come forward for help.

Course Overview

This comprehensive online course is delivered over four interactive sessions of approximately 2.5hrs each with some self-directed learning in between. During the course, there will be discussions and activities around the different mental health conditions and how to provide practical and emotional support to someone experiencing poor mental health; how to assess and assist with any crisis, and how to best look after your own mental health. All sessions must be attended to qualify and receive your certificate. To read more about the course content click [HERE](#).

Who can apply?

Anyone working in South East primary care who has an interest in mental health, and has the agreement of their practice manager, are invited to apply.

Course Leader

Tricia Wilkie, Instructor Member for Mental Health First Aid England. www.themindhub.co.uk

How to apply

For more information about training dates and expression of interest, please email: primarycareschooltwv.se@hee.nhs.uk

Provided by:



Health Education England