



After the success of the past year, we are continuing to roll this programme out across the Thames Valley and Wessex regions for all those working within Primary Care. MHFAider® training will be available to support 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 MHFAiders®. MHFA helps to raise awareness of mental health and reduce stigma and discrimination in the hope that more people will come forward for help.

Why become a MHFAider®?

By training to become a MHFAider® you will gain:

- A deeper understanding of mental health and the factors that can affect people's wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- The confidence to step in and support someone to recover their health by guiding them to appropriate support
- Three years of access to the MHFAider Support App® with 24/7 digital support
- Access to exclusive resources, ongoing learning opportunities, and the benefit of joining England's largest community of trained MHFAiders®

All sessions must be attended to qualify. For more information on the course, please visit the [Become a Mental Health First Aider](#) webpage.

Who can apply?

Anyone working in Thames Valley and Wessex 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