



Online Mental Health First Aid

This online Mental Health First Aid (MHFA) course is a two day course. Learners will be trained over four live sessions by an MHFA England Instructor Member, covering 14 hours of content in total.

Learning takes place through a mix of instructor led training, group discussions, individual and group activities. The course is from 9am–5pm each day.

This course is for those who would like to become an MHFAider®

Tuesday 6th & Wednesday 7th January 2026

Tuesday 20th & Thursday 22nd January 2026

Tuesday 3rd & Wednesday 4th February 2026

Tuesday 17th & Thursday 19th February 2026

Tuesday 3rd & Wednesday 4th March 2026

Tuesday 17th & Thursday 19th March 2026

Tuesday 14th & Wednesday 15th April 2026

Tuesday 28th & Thursday 30th April 2026

Tuesday 12th & Thursday 14th May 2026

Wednesday 27th & Thursday 28th May 2026

Tuesday 17th & Wednesday 18th June 2026

Wednesday 1st & Thursday 2nd July 2026

Tuesday 14th & Thursday 16th July 2026

Tuesday 28th & Wednesday 29th July 2026

Wednesday 12th & Thursday 13th August 2026

Tuesday 25th & Thursday 27th August 2026

Wednesday 16th & Thursday 17th September 2026

Tuesday 29th Sept & Thursday 1st October 2026

Tuesday 20th & Wednesday 21st October 2026

Tuesday 3rd & Thursday 5th November 2026

Tuesday 17th & Wednesday 18th November 2026

Tuesday 1st & Thursday 3rd December 2026

Wednesday 16th & Thursday 17th December 2026



Online MHFA Champion

This one day course qualifies you as an MHFA Champion, giving delegates an understanding of common mental health issues, the knowledge and confidence to advocate for mental health awareness, the ability to spot signs of mental ill health and the skills to support positive well-being.

Learners will be required to participate in a mix of group activities, presentations and discussions. The course is ideal for anyone with people management responsibilities. The course is from 9am – 5pm.

The online one day course qualifies you as an MHFA Champion.

Thursday 29th January 2026

Wednesday 25th February 2026

Thursday 26th March 2026

Wednesday 8th April 2026

Thursday 7th May 2026

Tuesday 2nd June 2026

Tuesday 7th July 2026

Tuesday 4th August 2025

Wednesday 2nd September 2026

Wednesday 7th October 2026

Thursday 12th November 2026

Tuesday 15th December 2026

MHFA Training dates 2026



Online MHFA Refresher

The MHFA Refresher course is only for people who have completed Mental Health First Aid. It is recommended that Mental Health First Aiders attend a Refresher course every three years.

Once you have completed your MHFA Refresher course, you will be certified for three years and will be invited to become or stay a member of our Association of Mental Health First Aiders. Developed by MHFA England, this half-day course (9am-1pm) is a four-hour session to refresh your skills in mental health.

Tuesday 13th January 2026

Tuesday 27th January 2026

Thursday 12th February 2026

Thursday 26th February 2026

Tuesday 10th March 2026

Tuesday 24th March 2026

Thursday 9th April 2026

Thursday 23rd April 2026

Wednesday 6th May 2026

Tuesday 19th May 2026

Wednesday 3rd June 2026

Thursday 25th June 2026

Wednesday 8th July 2026

Tuesday 21st July 2026

Wednesday 5th August 2026

Thursday 20th August 2026

Thursday 3rd September 2026

Tuesday 22nd September 2026

Tuesday 6th October 2026

Thursday 15th October 2026

Wednesday 28th October 2026

Wednesday 11th November 2026

Thursday 26th November 2026

Tuesday 8th December 2026