

MHFA Training dates 2024



Online Mental Health First Aid

This online mental health first aid course is structured across four flexible sessions over two days. Learners will be trained over four live sessions with an MHFA England Instructor Member, covering 14 hours of content in total.

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

Wednesday 13th & Thursday 14th March 2024

Tuesday 19th & Thursday 21st March 2024

Thursday 11th & Friday 12th April 2024

Tuesday 23rd & 24th Wednesday April 2024

Thursday 9th & Friday 10th May 2024

Tuesday 21st & Thursday 23rd May 2024

Thursday 30th & Friday 31st May 2024

Thursday 4th & Friday 5th July 2024

Wednesday 17th & Thursday 18th July 2024

Tuesday 30th July & Thursday 1st August 2024

Monday 19th & Tuesday 20th August 2024

Tuesday 3rd & Thursday 5th September 2024

Tuesday 24th & Wednesday 25th September 2024

Monday 7th & Wednesday 9th October 2024

Monday 21st & Tuesday 22nd October 2024

Monday 4th & Wednesday 6th November 2024

Tuesday 19th & Wednesday 20th November 2024

Wednesday 4th & Friday 6th December 2024

Tuesday 17th & Wednesday 18th December 2024



Online MHFA Champion

The online 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.

Course is one day from 9am – 5pm.

Tuesday 16th April 2024

Thursday 16th May 2024

Monday 15th July 2024

Thursday 15th August 2024

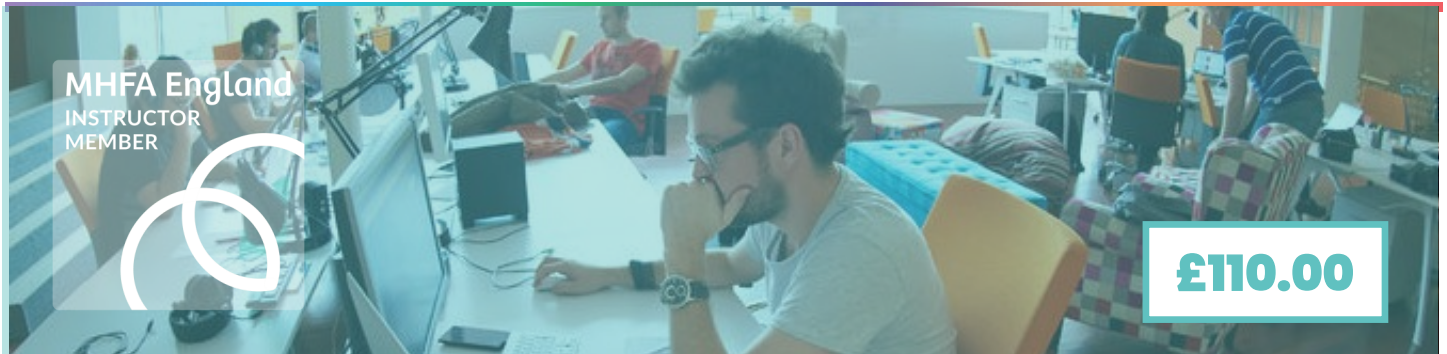
Thursday 12th September 2024

Tuesday 15th October 2024

Thursday 14th November 2024

Friday 13th December 2024

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Online MHFA Aware

MHFA Half Day course qualifies you as Mental Health Aware.

This half-day course is an introduction to raise awareness of mental health. Developed by MHFA England the course .. Developed by MHFA England, this half-day course (9am-1pm) is a four-hour session gives learners a basic knowledge of common mental health issues

Course is half day from 9am – 1pm.

Wednesday 22nd May 2024

Friday 26th July 2024

Friday 16th August 2024

Friday 6th September 2024

Wednesday 2nd October 2024

Friday 8th November 2024

Tuesday 3rd December 2024



Online MHFA Refresher

The MHFA Refresher course is only for people who have completed Mental Health First Aid. Just like physical first aid, it is recommended that Mental Health First Aiders attend a Refresher course every three years. Developed by MHFA England, this half-day course (9am-1pm) is a four-hour session to refresh your skills in mental health.

Course is half day from 9am – 1pm.

Thursday 25th April 2024

Wednesday 1st May 2024

Tuesday 14th May 2024

Wednesday 29th May 2024

Tuesday 4th June 2024

Thursday 11th July 2024

Tuesday 23rd July 2024

Friday 2nd August 2024

Thursday 22nd August 2024

Wednesday 4th September 2024

Tuesday 10th September 2024

Tuesday 1st October 2024

Thursday 17th October 2024

Tuesday 29th October 2024

Tuesday 12th November 2024

Thursday 28th November 2024

Tuesday 10th December 2024

Monday 16th December 2024