



Mental Health First Aid Face to face training

This Mental Health First Aid (MHFA) course is a two day course. Learners will be trained face to face 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®

Wednesday 14th & Thursday 15th January 2026 – Newcastle

Tuesday 10th & Wednesday 11th February 2026 – Durham

Wednesday 11th & Thursday 12th March 2026 – Sunderland

Tuesday 21st & Wednesday 22nd April 2026 – Newcastle

Wednesday 20th & Thursday 21st May 2026 – Durham

Tuesday 23rd & Wednesday 24th June 2026 – Sunderland

Wednesday 22nd & Thursday 23rd July 2026 – Newcastle

Tuesday 18th & Wednesday 19th August 2026 – Durham

Wednesday 23rd & Thursday 24th September 2026– Sunderland

Tuesday 13th & Wednesday 14th October 2026 – Newcastle

Tuesday 24th & Wednesday 25th November 2026 – Durham

Wednesday 9th & Thursday 10th December 2026– Sunderland