



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 3rd & Thursday 4th March 2027 – Durham

Tuesday 20th & Wednesday 21st April 2027 – Newcastle

Tuesday 22nd & Wednesday 23rd June 2027 – Durham

Tuesday 6th & Wednesday 7th July 2027 – Newcastle

Wednesday 22nd & Thursday 23rd September 2027– Durham

Tuesday 12th & Wednesday 13th October 2026 – Newcastle