



## 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 12th & Wednesday 13th January 2027**

**Tuesday 26th & Thursday 28th January 2027**

**Tuesday 9th & Wednesday 10th February 2027**

**Tuesday 23rd & Thursday 25th February 2027**

**Wednesday 10th & Thursday 11th March 2027**

**Tuesday 23rd & Wednesday 24th March 2027**

**Tuesday 13th & Wednesday 14th April 2027**

**Tuesday 27th & Thursday 29th April 2027**

**Tuesday 11th & Thursday 13th May 2027**

**Wednesday 26th & Thursday 27th May 2027**

**Tuesday 8th & Thursday 10th June 2027**

**Wednesday 30th June & Thursday 1st July 2027**

**Tuesday 13th & Thursday 15th July 2027**

**Tuesday 27th & Wednesday 28th July 2027**

**Wednesday 4th & Thursday 5th August 2027**

**Tuesday 24th & Thursday 26th August 2027**

**Wednesday 15th & Thursday 16th September 2027**

**Tuesday 28th & Thursday 30th September 2027**

**Tuesday 19th & Wednesday 20th October 2027**

**Tuesday 2nd & Thursday 4th November 2027**

**Tuesday 16th & Wednesday 17th November 2027**

**Tuesday 30th Nov & Thursday 2nd December 2027**

**Wednesday 15th & Thursday 16th December 2027**



## 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 21st January 2027

Wednesday 17th February 2027

Tuesday 16th March 2027

Wednesday 7th April 2027

Wednesday 19th May 2027

Thursday 24th June 2027

Wednesday 21st July 2027

Wednesday 18th August 2027

Wednesday 1st September 2027

Wednesday 6th October 2027

Thursday 11th November 2027

Wednesday 8th December 2027



## 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.

Thursday 7th January 2027

Wednesday 20th January 2027

Wednesday 3rd February 2027

Thursday 18th February 2027

Tuesday 2nd March 2027

Wednesday 17th March 2027

Thursday 8th April 2027

Thursday 22nd April 2027

Thursday 6th May 2027

Tuesday 18th May 2027

Thursday 3rd June 2027

Tuesday 29th June 2027

Thursday 8th July 2027

Tuesday 20th July 2027

Tuesday 3rd August 2027

Thursday 19th August 2027

Thursday 2nd September 2027

Tuesday 21st September 2027

Tuesday 5th October 2027

Thursday 14th October 2027

Wednesday 27th October 2027

Wednesday 10th November 2027

Thursday 25th November 2027

Tuesday 7th December 2027