



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 9th & Wednesday 10th February 2027

Wednesday 10th & Thursday 11th March 2027

Tuesday 13th & Wednesday 14th April 2027

Tuesday 11th & Wednesday 12th May 2027

Tuesday 8th & Wednesday 9th June 2027

Tuesday 13th & Wednesday 14th July 2027

Wednesday 4th & Thursday 5th August 2027

Wednesday 15th & Thursday 16th September 2027

Tuesday 19th & Wednesday 20th October 2027

Tuesday 16th & Wednesday 17th November 2027

Wednesday 1st & Thursday 2nd 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

Tuesday 16th March 2027

Wednesday 19th May 2027

Wednesday 21st July 2027

Wednesday 1st September 2027

Thursday 11th November 2027

MHFA Training dates 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.

Wednesday 20th January 2027

Thursday 18th February 2027

Wednesday 17th March 2027

Thursday 8th April 2027

Thursday 6th 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

Tuesday 21st September 2027

Thursday 14th October 2027

Wednesday 10th November 2027

Tuesday 7th December 2027