**Mental Health First Aid Courses Spring 2023**

**Led by: Alice Kemp, and Helen Styles**

**Cost: £30 (to cover training materials)**

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

MHFA won’t teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening. On completing the course, you will receive a nationally recognised qualification as a Mental Health First Aider.

Learning takes place through a mix of group activities, presentations and discussions.

It is a practical skills and awareness course designed to give you:

* A deeper understanding of mental health and the factors that can affect people’s wellbeing, including your own
* Practical skills to spot the triggers and signs of mental health issues
* Confidence to step in, reassure and support a person in distress
* Enhanced interpersonal skills such as non-judgemental listening
* Knowledge to help someone recover their health by guiding them to appropriate support

After you complete the course you will receive three years of free access to the MHFAiders support app and on-line manual

You can complete the course either on-line via Zoom or in person – the content is the same. There is no requirement for any learning outside of the course sessions.

You will need to pay for your own course materials which cost £30. Your parish may cover this for you. The diocese will provide the course to you free of charge, the usual cost is £300 per participant. If this cost is preventing you attending, please be in touch through the email address below.

Course 1/2023

**MHFA Virtual on-line course**

21st, 22nd, 28th February and 1st March all 2.00pm to 5.15pm

Course 3/2023

**MHFA In person course at St Nicholas Church, Bristol**

16th and 17th May 9.00-5.00 – venue to be confirmed

**Applicants need to be able to attend all sessions of their selected course.**

The course is open to all who would find it helpful in their ministry. It is primarily aimed at church leaders, lay and ordained, and in particular those engaged in pastoral care and those overseeing that care.

If you have a number of people at your church who would like to receive the training you may want to consider acting as a host church for the course. If so please get in touch with us at the email below.

If you would like to attend one of these courses, or for more information, please contact: [Mentalhealthfirstaid@bristoldiocese.org](mailto:Mentalhealthfirstaid@bristoldiocese.org)