

## How Will Attending MHFA Help?

Research and evaluation shows that taking part in an MHFA course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

For more information about Mental Health First Aid visit:  
<https://mhfaengland.org/>



Charity Reference Number: 210443  
Company Registration Number: 560870

## To Learn More & Book your Place

Contact our Learning & Development Officer Emma Carruthers:

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[www.facebook.com/LiverpoolYMCA](http://www.facebook.com/LiverpoolYMCA)



[www.twitter.com/@LiverpoolYMCA](http://www.twitter.com/@LiverpoolYMCA)

YMCA LIVERPOOL

Mental Health  
First Aid  
starts with you



**YMCA**

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION

**YMCA**

## About Mental Health First Aid

Mental Health First Aid (MHFA) is the mental health equivalent of physical first aid.

MHFA training provides skills & confidence to:

- Recognise the signs & symptoms of common mental health issues
- Effectively guide a person towards the right support

### ABOUT THE TRAINING:

#### Adult MHFA (Two Day)

A practical skills course which covers:

##### Day 1

Mental Health First Aid, mental health, depression and suicidal crisis

##### Day 2

Anxiety, personality disorders, eating disorders, self-harm, psychosis, schizophrenia and bipolar disorder

Or if you'd like an introductory course designed to increase mental health awareness we also deliver:

#### Adult MHFA (Half Day)



**MHFA England**



Every MHFA course is delivered by a quality assured instructor who has attended our Instructor Training programme accredited by the Royal Society for Public Health, and is trained to keep people safe and supported while they learn.

### COURSE PRICES:

#### Adult MHFA (Two Day)

£169.99 per person

(recommended price is £300.00)

#### Adult MHFA (Half Day)

Contact us for prices and availability

### WHAT'S INCLUDED:

Upon completion of your course you'll receive a certificate and Adult MHFA Manual to keep and refer to whenever you need it. We also provide refreshments.

### ABOUT YMCA LIVERPOOL:

Kevin Waldron & Emma Carruthers attended MHFA England's Instructor Training programme and approved by MHFA England to deliver Adult MHFA (Two Day and Half Day) courses.