



MENTAL HEALTH FIRST AIDER TRAINING - LEEDS

Led by a MHFA England Instructor this 2-day training course will enable participants to attain the internationally recognised MHFAider® qualification, RSPH Level 3 Award in Mental Health First Aid.

Through a mix of interactive group activities, presentations and discussion you'll gain:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- 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 further support – whether that's self-help resources, through their employer, the NHS, or a mix.

For more information, contact louise@applehr.co.uk