

Are you looking to take an active approach for dealing with mental health in your workplace?

Tuesday 16 October, 2018

Are you looking to take an active approach for dealing with mental health in your workplace? The MHFA training course is the answer for you!

At Better Pathways we understand the importance of mental health awareness and are delivering a range of Mental Health First Aid Training courses. It is more important now than ever to get trained as 1 in 3 of us will experience mental ill-health.

What is it:

Mental Health First Aid (MHFA) is recognised by the Royal Society of Public Health and is an accredited training course. It is recommended by Mental Health First Aid England for organisations, delivered by their qualified trainers at Better Pathways.

It has been designed give an understanding and awareness, spot early warning signs of mental distress, break down stigma and discrimination and also learn how to provide help on a first aid basis.

As well as developing your own mental health awareness, you will be taught a set of skills to allow you to offer guidance and support to someone experiencing a mental health related crisis.

Why choose us?

As a Birmingham based mental health charity, who is centre of excellence, we aim to help and support individuals experiencing mental ill-health. We provide a safe and supportive environment for their wellbeing whilst helping them to gain and sustain employment. Our qualified trainers Emma and Kay have over 18years + experience between them and a passion in the field of mental health. With their personal lived in experience along with professional teaching styles, they are able to deliver this course in a great way which is accessible to all individuals.

What you will get:

On completion of each course, you will receive a certificate from MHFA England and learning resources including a workbook, manual, Z card with framework and lanyard.

All participants will be required to attend both days of the day courses to gain the accreditation of Mental Health First Aider.

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Better Pathways

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