

# Mental Health First Aid - Online Training

with certified MHFA England Instructor - Arabella Tresilian

This Online course qualifies you as a Mental Health First Aider, giving you:

- An in-depth understanding of mental health and the factors that can affect well-being
- 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

## Takeaways

Everyone who completes the course gets:

- A certificate of attendance to say you are a Mental Health First Aider
- A manual to refer to whenever you need it
- A quick reference card for the Mental Health First Aid action plan
- A workbook including a helpful toolkit to support your own mental health

## Format

- This is an online course delivered through the MHFA England Online Learning Hub
- Learning takes place through four live training sessions, spread across two weeks, with self-learning activities in between. See course structure section below for more detail
- Each session is built around a Mental Health First Aid action plan
- We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn

## The training: a mix of independent learning and live sessions

The course is broken down into 4 sections that are delivered online over 10 – 14 days. The sections consist of 4 independent e-learning sessions and 4 live sessions with the instructor. Independent learning is facilitated by an online learning hub, with videos, quiz questions and information. Live sessions are then hosted at a designated time; to flesh out information, complete case studies, work practically through a workbook, ask questions, clarify learning. These are all delivered safely by Arabella Tresilian.

### Session 1:

- Independent learning requirement: 1 hour
- Live session: 2.5 hours

### Session 2:

- Independent learning requirement: 2 hrs
- Live session: 2.5 hours

### Session 3:

- Independent learning requirement: 2 hrs
- Live session: 2.5 hours

### Session 4:

- Independent learning requirement: 2 hrs
- Live session: 2.5 hours

## Accessibility

We strive to create courses and resources that everyone can access. When you book onto a course please fill in the 'Accessibility requirements' section of the booking form and tell us what you need to access the course venue and materials. This course is currently only available online.

## Two ways of accessing Arabella Tresilian's MHFA training:

### Public Courses

We run courses which are open for individuals to sign up to, on a regular basis - contact us or check our website for upcoming courses.

**Cost:** We value this course at **£300 per person**. Costs may vary depending on circumstances, and we endeavour to make the training accessible and affordable to all who are committed to becoming an active Mental Health First Aider. Ask us about discounts available if required.

### In-House Courses

We run courses for groups of up to 16 colleagues within your organisation. This allows your organisation to create a cohort of Mental Health First Aiders who can go on to support each other within the workplace, and work together to create an active support network for employees. For public-facing employees, it allows them to have skills to support customers or members of the public with confidence and competence.

#### Costs for in-house courses:

- ❖ 8-10 participants: £2400
- ❖ 11-13 participants: £2970
- ❖ 14-16 participants: £3360

- We are able to offer a discount for charities and education bodies. Please ask for more information.
- We will work with you to book 4 convenient live session training dates for your colleagues.
- You are welcome to invite colleagues from partner organisations to join and share costs - we can have up to 16 people in each cohort.

## Booking your Mental Health First Aid training - get in touch

Whether you are interested in training as an individual, or in booking training for your organisation, contact MHFA Instructor Arabella Tresilian to discuss your requirements: [arabella@arabellatresilian.com](mailto:arabella@arabellatresilian.com) or 07769774671