

# Mental Health First Aid Training

One in four adults and one in 10 children experience mental illness, and many more of us know and care for people who do.

The MHFA England 2 day virtual course is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

The course 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.



## Course Contents



**Recognise warning  
signs**



**Empower someone to  
seek support**



**Active listening  
and empathy**



**Support wellbeing  
and tackle stigma**



## Why Choose Us?

Salusphere Global is a leading provider of wellbeing and inclusion services, offering a comprehensive training and consultancy programmes designed to help individuals and organisations prioritise and promote mental, physical, and emotional health.

Our facilitators have extensive experience in the field of wellbeing and are equipped to deliver engaging and informative sessions giving Salusphere Global a reputation for delivering high-quality solutions that drives positive outcomes.

# Mental Health First Aid Training Dates.

We have a host of dates to suit your business needs for 2025.

Our courses consist of 2 days, with a reflection day in-between. They start at 0900 and finish at 1700, this includes a lunch break and 2 further breaks.

Our courses are run by MHFA trained facilitators and are run virtually via Zoom.



## Dates:

### February

3rd & 5th  
18th & 20th

### March

3rd & 5th  
18th & 20th

### April

7th & 9th  
22nd & 24th

### May

5th & 7th  
20th & 22nd

### June

2nd & 4th  
17th & 19th

### July

7th & 9th  
22nd & 24

### August

4th & 6th  
19th & 21st

### September

8th & 10th  
23rd & 25th

### October

6th & 8th  
21st & 23rd

### November

3rd & 5th  
18th & 20th

### December

8th & 10th

