

**Mental Health First Aid  
starts with you**

# Adult Mental Health Aware Half Day

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**MHFA England  
INSTRUCTOR  
MEMBER**



## Adult Mental Health Aware Half Day

MHFA England's half day course is an introductory four hour session to raise awareness of mental health.

It is designed to give you:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

### Cost

This course costs £125 per person.

### Course structure

- What is mental health?
- Mental Health Continuum
- Factors which affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress
- Mental health conditions:
  - Depression
  - Anxiety disorders
  - Psychosis
  - Eating disorders
  - Suicide
  - Self-harm
- Recovery
- Take 10 Together – starting a supportive conversation
- Supporting mental health in the workplace
- Useful statistics
- Helpful resources

## What to expect

Learning takes place through a mix of presentations, group discussions and workshop activities. Everyone who completes the course gets:

- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health
- A certificate of attendance to say you are Mental Health Aware

### Why choose New Leaf as your provider?

New Leaf founder, Becky Wright, is a qualified MHFA England Instructor Member. Recent testimonials include:

*“Very interesting, Becky has made me think and want to go away and get more detail and training.”*

*“Becky delivered a very interesting and engaging course. I would very much like to take this training further.”*

*“Delivered very professionally with great respect to all. Very informative – I would like to see more courses available.”*

*“Well-paced and highly relevant. Thank you so much, much needed and look forward too much more.”*

*“Going away with fresh ideas and far greater knowledge.”*

*“Excellent! More confident on the matters of mental health.”*

*“Becky was fantastic. The course was very informative.”*

*“Very good course I found it very helpful as I do have MH issues myself. The course gave me a better understanding of the issues other people can have with Mental Health, I feel I am better equipped to recognise and offer advice to others. Thank you.”*

### To book a MHFA England course with New Leaf:

Email the New Leaf office:  
**mandy@newleaf.uk.com**

Or call **Becky Wright** directly:  
**07590 684888**

[www.newleaf.uk.com](http://www.newleaf.uk.com)