

**Mental Health First Aid  
starts with you**

# Adult MHFA Two Day

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**MHFA England  
INSTRUCTOR  
MEMBER**



## What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

MHFA won't teach you to be a therapist, but just like physical first aid, it will teach you to listen, reassure and respond, even in a crisis.

## What will I learn?

Learning takes place through a mix of group activities, presentations and discussions. What you learn will depend on the length of course you attend:

### Two Day – Mental Health First Aiders

A practical skills and awareness course designed to give you:

- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- 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 appropriate support

## How will attending a MHFA England course help?

Research and evaluation shows that taking part in a MHFA England course:

- Raises awareness and mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery

## Why choose New Leaf as your provider?

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

*"I can highly recommend Becky Wright, I choose her for her broad background relevant to mental health as well as the values based approach to business that she has."*

Johanne Wheatley, Head of People Development, Riverford Organics

*"A superbly structured and insightful course. Becky delivers tough and challenging content in a very clear and effective way. This course is a must for any company who wants to welcome change."*

Max, GWorks

*"Becky is an excellent instructor – very informative, patient, calm and engaging. Very knowledgeable of the subject. Thoroughly enjoyed the course and learned so much in just 2 days."*

Sue Powell, Plantforce

*"The course was delivered brilliantly by Becky. Interesting and very informative using a variety of media with fully participative exercises. This will be massively helpful when supporting people with mental health issues in the workplace."*

Sarah James, Head of HR, Steinhoff Beds

## 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)