

# training



## Mental Health First Aid (MHFA)

(Delivered via Zoom)

To book your space please speak to your line manager and email [tribetraining@thrivetribe.org.uk](mailto:tribetraining@thrivetribe.org.uk)



### What is it?

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 wellbeing, practical skills to spot the triggers and signs of mental health issues, confidence to 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.



### Who is it for?

All Thrive Tribe staff and particularly useful for client facing staff.



### When will it be?

This course consists of 4 modules across 4 dates: Each one last for 2 hours and there will be an hour before each session of self-learning.

**22<sup>nd</sup>, 23<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup> October (10am-12.30pm)**  
**9<sup>th</sup>, 10<sup>th</sup>, 16<sup>th</sup>, 17<sup>th</sup> November (10am-12.30pm)**



**thrive tribe**