

# PUBLIC MENTAL HEALTH FIRST AID COURSES

Book one place or more, on an **Online MYB Mental Health First Aid England** course with **Minding Your Business!**

## SEPTEMBER 2021 – Online MHFA Champion Course

- Session One: Tuesday 21 September, 9.00am to 12.45pm
- Session Two: Wednesday 22 September, 9am to 12.45pm

Equivalent to One Day in-person course. Attend **both** dates for full duration to gain certification. Aimed at Managers and those with reporting staff.

### SPECIAL OFFER

**£150 per person** when booked by 21 August 2021. RRP £200pp

Champion course: Equip people with the knowledge, skills & confidence to spot when someone on their team is struggling & know how & when to offer support

~ **Become a Mental Health First Aid Champion** ~

## OCTOBER 2021 – Online MHFA Refresher Course

- One Session: Wednesday 13 October, 9.30am to 1.30pm

Update skills learnt as a Mental Health First Aider or Champion at least every three years.

- Keep awareness of mental health supports current
- Update knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan

## October & November – Online MHFA First Aider Courses

A few places are still available for October and November 2021 to become a MHFA First Aider online

For more information & to book, please email [info@mindingyourbusiness.org.uk](mailto:info@mindingyourbusiness.org.uk)

MYB organises a wide range of mental health first aid & wellness courses for companies and individuals. Got a question? Please don't hesitate to ask us!

MYB is the training arm of mental health charity, ESRA no. 281004. Company no. 01512263. Redhill, Surrey.