

We are very pleased to announce the launch of MHFA Lite - a 3 hour introductory mental health awareness course. MHFA Lite is designed as a stand alone course. It is not a substitute for the full Mental Health First Aid (MHFA) course

MHFA Lite is a 3 hour introductory mental health awareness course that can be delivered to up to 25 people. Because of its short duration it is not meant as a substitute for the full MHFA course (these are around 12 hours long) but will teach you:

- _ What mental health is

- _ About common mental health problems

- _ About supporting others and yourself when experiencing mental health problems

- _ How and why positive and negative mental health affects business

Learning objectives:

By the end of the workshop participants will be able to:

- _ identify the discrimination surrounding mental health problems
- _ define mental health & some mental health problems
- _ relate to people's experiences
- _ help support people with mental health problems
- _ begin developing a business case for promoting positive mental health in the workplace
- _ look after your own mental health

Participants will receive a certificate of attendance and a manual with further information and resources.

Contact:

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