Mental Health First Aid (MHFA) – is a national training programme, which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. MHFA won’t teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.

Our ambition is to have one Mental Health First Aider per practice, to support and signpost colleagues in this challenging time for General Practice. Ideally, this would not be a GP or staff member who has a HR role, but an approachable member of the team (clinical or non-clinical) who is interested in a development role to train to be a MHFA.

**This offer is fully funded. To book a free place please follow the link:**

[**https://invictahealth.learningpool.com/course/view.php?id=1074**](https://invictahealth.learningpool.com/course/view.php?id=1074)

Great news: Since September 2023, The Kent and Medway Primary Care Training Hub and Kent LMC have already funded training places for 87 Mental Health First Aiders across 78 practices in Kent and Medway with 74% PCNs supporting this exciting training opportunity. Next steps include planning the development of a local MHFA peer network across HCP localities to share learning.

You’ll learn to recognise warning signs of mental ill health and develop the skills and confidence to approach and support someone while keeping yourself safe. You’ll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through routes such as their school or place of work, online self-referral, support groups, and more. By becoming an MHFAider® you’ll have access to continuous support – well beyond your initial certification – so you are confident, empowered and motivated to carry out your role.

You will get three years’ access to MHFAider® support and benefits which includes 24/7 digital support through the MHFAider Support App®. From there, you will find exclusive resources, ongoing learning opportunities and the benefit of joining England’s largest community of trained MHFAiders®. The qualification is endorsed by the Royal Society For Public Health.

Course dates for the next cohort are 13th and 17th May and are 2 whole days 9-5pm, virtually delivered. A course manual will be sent to participants prior.

Each cohort has 8-16 participants, further dates may be available but will be essentially limited to one per practice. Please don’t miss this opportunity as a Practice / PCN to support your colleagues.