

Become a Mental Health First Aider (MHFAider®)

Buckinghamshire Mind, in partnership with Buckinghamshire Council, is offering **fully funded** Mental Health First Aid (MHFA) training to community group, charity or public sector employees and volunteers in Buckinghamshire who support people in the local community.

The last few years have been hard on everyone. Amidst a global pandemic, economic uncertainty, and changes to the ways we work, the need to support everyone's mental health and wellbeing is greater than ever.

The MHFA course, which went through an update in 2022, will give you the skills and confidence to start a conversation about mental health and signpost to appropriate support.

As an MHFAider® you will gain:

- A deeper understanding of mental health and the factors that can affect people's wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- The confidence to step in and support someone to recover their health by guiding them to appropriate support
- NEW - Three years of access to the MHFAider Support App® with 24/7 digital support
- Access to exclusive resources, ongoing learning opportunities, and the benefit of joining England's largest community of trained MHFAiders®

This is a 2-day course. You must attend both days to complete the course.

Online via Zoom

29 & 30 April 2024

8 & 9 May 2024

10 & 11 June 2024

All 9am-5pm

[Click here to register your interest in the **online courses](#)**

In person

21 & 22 May 2024

Aylesbury – 8.45am–4.30pm

25 & 26 June 2024

High Wycombe - 9am-5pm

[Click here to register your interest in the **in-person courses](#)**

Places are limited and offered on a first come, first served basis. We may need to limit the number of places per organisation depending on demand.

Any questions?

Contact: training@bucksmind.org.uk

bucksmind.org.uk

