

Mental Health Aware Adult

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Course Aim

This introductory course is designed to increase mental health awareness and give an understanding of how to look after wellbeing and challenge stigma.

When you complete your course you will get a certificate of attendance and an MHFA England manual.

Course Contents

- Raise awareness of mental health literacy
- Reduces stigma around mental ill health
- Boosts knowledge and confidence in dealing with mental health issues
- Promotes early intervention which enables recovery



Half a Day



Certificate of Attendance



MHFA England/Scotland



Maximum of 25 people



Your premises or a Virtual classroom