



Mental Health First Aid England (MHFA)

What MHFA say:

We all have mental health. Better, mental health is good for everyone and recognising this is good for society. We want a society where everyone can thrive. We believe in zero stigma surrounding mental health. We want mental health to be openly discussed and supported.

Through our training and campaigning, we equip people with the skills they need to support their own and others' wellbeing.

We offer a range of evidence-based face-to-face and digital learning, from awareness raising to skill development. Our courses empower people to notice signs of mental ill health, and encourage them to break down barriers, listen in a non-judgemental way, and signpost to support for recovery.

Two of our staff have attended the MHFA 2 day training course and have been successful in becoming Mental Health First Aiders, They play a key role in supporting our children who are finding life challenges a little tricky. They offer support and ideas on how to manage their feelings and enable them with strategies to achieve.