



CEDAR TREE
MENTAL HEALTH AND WELLBEING

Mental Health First Aider (Adult)

2 Day Training Course

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MHFA England
INSTRUCTOR
MEMBER



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Mental Health First Aid (Adult)

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What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. At Cedar Tree we offer a range of courses tailored for supporting people with their Mental Health.

The courses can be attended by anyone from age 18 upwards.

Each and every MHFA course is delivered by a quality assured instructor.

The Format

- Two full day course across four manageable sessions.
- Learning takes place through a mix of group activities, presentations and discussions.
- Each session is built around a Youth Mental Health First Aid action plan

On completion

Everyone who completes the course will receive a MHFA manual, a personal workbook including some helpful tools to support your own mental health and a certificate to say they are a Mental Health First Aider.

Adult MHFA Two Day course

A practical skills and awareness course designed to give you:

- An in depth understanding of mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- 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 their GP, their school or place of work, online self-referral, support groups, and more.
- Ability to support a person with a long-term mental health issue or disability to thrive.
- Tools to look after your own mental wellbeing.

To book on a Adult MHFA Two Day course:

www.cedartree-mhw.co.uk/training



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"Can't thank Cedar Tree enough for two days of knowledge, so much I didn't know, and the practical application was hugely useful. I feel so much better for having this knowledge in the hope that I never have to use it but reassured that the training has been undertaken. Having worked a 22 year Corporate Career in a large company, I couldn't encourage enough for all workplaces and youth intervention projects to have trained staff. I hope the day comes when everywhere has a MHFA as they do a First Aider.