

# DID YOU KNOW?

# 1 IN 4 OF US WILL EXPERIENCE MENTAL ILL HEALTH

## YOU CAN MAKE A DIFFERENCE

### Train to be a qualified Mental Health First Aider

Training For Life offers Mental Health First Aid training via MHFAE - the only accredited instructor training organisation in England.

We currently offer the following training courses:

- Two-day Adult course
- Two-day Youth course
- One-day Mental Health Champion
- Half-day Mental Health Awareness
- Line Manager Mental Health in the Workplace

Mental Health First Aid is designed to teach you how to recognise warning signs of mental ill health and develop the skills and confidence to approach and support someone - even in a crisis. The training is evidence-based and explores a range of conditions and behaviours.

**TRAINING**  
FOR *life*

To book onto a course or to find out more information email [info@trainingforlife.org.uk](mailto:info@trainingforlife.org.uk)  
[www.trainingforlife.org.uk](http://www.trainingforlife.org.uk)