



Cambridgeshire & Peterborough Workplace Offer

Mental Health First aid lite training

This Mental Health First Aid lite session is MHFA accredited and the initial training is provided **FREE** to Cambridgeshire based workplaces, funded by Public Health. The training is a half-day session and is delivered by an accredited Mental Health First Aid Trainer. This is just one of the offers available through the Cambridgeshire Public Health Workplace offer.

Target audience

Available only to workplaces based in Cambridgeshire, aimed at Workplace health Champions, Line Managers, Health & Safety and HR professionals.

Course aims

To give you and others within your organisation a wider understanding of some of the issues associated with mental health; to help you work more effectively with people living with mental health issues; to understand the aims of the Mental Health First Aid (MHFA) course; and allow you to experience a taste of the content of the full 2 day MHFA course.

Course outputs

Participants should be able to:

- Identify the discrimination surrounding mental health problems
- Define mental health and some mental health problems
- Relate to other people's experience
- Help support people with mental health problems
- Look after their own mental health
- A point of contact for people who want to engage in wellbeing activities (health issues, involvement in health campaigns etc.)

Course details

Cost: FREE training funded through the Public Health workplace offer

For more information or book your place on a future session please email: Debbie.longhurst@livingsport.co.uk