

**IMAGINE
INDEPENDENCE**

valuing people
challenging stigma
transforming lives

Adult 1 day Mental Health Champions Courses



£75 per person

To book, please use the link below for the date you require or copy the link into your browser.

28th February

<https://mhfaengland.org/book-a-course/course-details/?id=a83afcae-7830-ea11-8454-2818786f1416>

24th March

<https://mhfaengland.org/book-a-course/course-details/?id=54ff064c-7930-ea11-8454-2818786f1416>

For enquiries please email Antony Dowell on adowell@imagineindependence.org.uk

Or call on 10517092366 / 07816131027

Please enquire about group discounts

Adult one day Mental Health Champions

Our one day MHFA England mental health awareness and skills course qualifies you as an Adult MHFA Champion with a specific focus on the workplace.

MHFA Champions have:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing in the workplace

What to expect:

Learning takes place through a mix of presentations, group discussions and workshop activities. We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn.

Everyone who completes the course gets:

- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health
- A certificate of attendance to say you are an MHFA Champion