

## Adult Mental Health First Aid

Course Type: Part Time Love2Learn

Audience: 18+

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Duration: 2 Days

Location: City Centre Campus and Somer Valley Campus

This two day training programme, accredited by [Mental Health First Aid England](#), provides the skills, knowledge and understanding of First Aid for Mental Health in Adults 18+.

### What topics are covered?

You will develop your understanding of a range of topics including;

- How to spot the early signs of mental health issues.
- Build your confidence in how to offer and provide initial help to a person experiencing a mental health issue.
- Learn how to preserve life where a person might be a risk of harm to themselves or others.

### Who is the course aimed at?

This course is aimed at anyone wishing to develop their understanding of how to confidently and effectively manage mental health first aid situations for adults.

### What are the entry requirements?

You will be over 18 and willing to participate in discussion and group work.

### What qualifications will I gain?

You will become a certified Adult Mental Health First Aider by Mental Health First Aid England, on successful completion of the two-day programme.

### Who is the awarding body?

## [Mental Health First Aid England](#)

### **How will I learn?**

You will participate in an active learning two day training course involving discussions and group work.

### **Which department is this course in?**

Department of Sport, Leisure and Care

### **Where will I need to go on my first day?**

On your first day, please report to the Reception in the **Roper Building** at [City Centre Campus](#) or the Reception in the **Cam Building** at [Somerset Valley Campus](#), depending upon where you have chosen to do this course.

### **What else do I need to know?**

When you have been enrolled on your course you will receive a confirmation email containing information about where to go, campus information, parking and the Student Code of Conduct. This email will be sent to the email address provided in the online booking. You will be required to wear a photographic ID badge at all times when in College. Please email a passport style photograph stating your full name and course title in the subject line to [StudentID@bathcollege.ac.uk](mailto:StudentID@bathcollege.ac.uk)

**To avoid disappointment, please make sure you enrol on your chosen course early. Decisions regarding running or cancelling a course are made one week prior to the start of the course. If a course is cancelled, you will be informed and your course fees refunded in full. Please see [Terms and Conditions of Enrolment](#).**

**The course will not run on bank holidays or during half term. Please check the [term dates](#).**

The programme explores a range of sensitive mental health issues such as suicide and psychosis.

**All of our MHFA Instructors are members of MHFA England, and are fully qualified to teach Mental Health First Aid.**

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## Where can I find out more information?

If you need help or answers to specific questions, please contact the [Student Advice Centre](#) on [01225 312191](tel:01225312191) ext 720 or email [info@bathcollege.ac.uk](mailto:info@bathcollege.ac.uk).

## How do I enrol?

You can enrol on this course:

Online: Click the "Add to Cart" button to enrol online.

Phone: Call [01225 328720](tel:01225328720) during our [opening hours](#)

Post: Download the [Love2learn Learning Agreement](#) and send to Student Advice Centre, Bath College, Avon Street, Bath BA1 1UP.

In person: Visit the [Student Advice Centre](#) in either of our campuses

Please see [how to enrol](#) for more detailed information.