

Become a

Mental Health First Aider

with an Online Mental Health First Aid course

Healthwatch Redbridge is offering fully funded* courses to staff and volunteers within the NHS, and community and voluntary sector in Redbridge.

Through a blend of instructor-led and live learning activities, you will:

- ⇒ develop practical skills to spot the triggers and signs of mental health issues
- ⇒ Gain confidence to reassure and support a person in distress
- ⇒ Learn how to guide them to further support and recovery

Sign up for our next course today:

Thursday 20 March 2025

Friday 21 March 2025

Thursday 27 March 2025

Friday 28 March 2025

All sessions run from
9am to 1pm

Limited spaces available:

https://bit.ly/MHFA_training_5

Scan QR code to
sign up:



Please Note:

This training consists of four half-day online sessions which must be attended to complete the course.

** Fully funded training places are offered, however where an attendee does not attend, or fails to complete the course, Healthwatch Redbridge reserve the right to invoice the organisation to cover any administration fees.*

