

Adult Mental Health First Aid

2026 / 2027

Training and support

Adult Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of poor mental health and provide support on a first aid basis.

Lancashire Mind provides funded and paid-for training and support options for individuals and organisations of all kinds.

All courses are certificated and delivered by experienced licensed trainers.



Orange Button
Community Scheme



Fully funded training

Adult Mental Health First Aid



Duration

2 full days

Cost

Fully funded for those who live or work in Lancashire or South Cumbria

Attendees

Limited to 16 to ensure a supportive environment

Delivery

Face-to-face and virtual options available

If you would like to book a closed course for your organisation, please contact us at:
training@lancashiremind.org.uk

 **Lancashire**

Adult Mental Health First Aid



Training and Support

Lancashire Mind's Adult MHFA offer is unique as all learners will receive:

- A Next Steps guide to support best practice that aligns with internal policies and procedures
- Access to the Orange Button Community Scheme
- Vital resources via the Lancashire Mind Information Hub

Description

In the same ways as learning physical first aid, this course teaches learners how to recognise those crucial warning signs of poor mental health and feel confident to guide someone to appropriate support.

At the end of the training, learners will gain:

1. An in-depth understanding of mental health and the factors that can affect wellbeing
2. Practical skills to spot the triggers and signs of mental health issues
3. Confidence to step in, reassure and support a person in distress
4. Enhanced interpersonal skills such as non-judgemental listening
5. Knowledge to help someone recover their health by guiding them to further support

Learner Resources

- Electronic manual
- Workbook, lanyard and MHFA Action Plan reminder
- MHFA England certificate of attendance
- Access for three years to the MHFAider app containing toolkits, resources and more
- Option to join the Orange Button Community Scheme funded by the Lancashire & South Cumbria ICB
- Lancashire Mind 'Next Steps' Guide to creating a sustainable MHFA offer within the workplace or community.

To book your course email or scan QR:
training@lancashiremind.org.uk



MHFA England



Orange Button
Community Scheme



Adult Mental Health First Aid



Additional Paid-For Training and Support

MHFA Refresher Training

MHFAiders must take a Refresher course within three years to maintain their certification and access to MHFA England support and benefits.

- Revisit the MHFA action plan and core skills
- Update knowledge on current mental health issues
- Practice real-life conversations in a safe space

Duration:

Half day

Cost:

£135 per person

MHFAider Mentoring

Ongoing support for a demanding role.

- Share experiences and challenges with peers
- Reinforce boundaries, decision-making and good practice
- Access guidance, resources, and signposting updates
- Prioritise MHFAider wellbeing and resilience

Duration:

90 minutes

Cost:

£40 per person

Lancashire Mind's Unique Offer

On completion, all learners receive:

- Next Steps Guide to creating a sustainable MHFA offer within the workplace or community
- Access to vital support resources via the Lancashire Mind Suicide Prevention Hub

**Support your
MHFAiders to stay
effective.**

**Enquire about group
training and support
options for your
organisation.**



**To book a course scan QR or email:
training@lancashiremind.org.uk**

