



Mental Health & Wellbeing

Discover our wide range of adult and youth accredited mental health first aid courses, workplace wellbeing training and bespoke business workshops.

TRAINING GUIDE 2024



■ About **mhfa4all**.



Mental Health First Aid 4 All (**mhfa4all**) was formed in 2024 with the sole focus of improving the mental health and wellbeing of individuals and businesses across the UK.

Founded by wellbeing expert Kirk Shortland, **mhfa4all** is establishing itself as the accredited mental health training provider of choice, providing a range of mental health and wellbeing solutions for all.

■ Our Mission

We build programmes of training around your needs, applying our passion, skill and experience to transform wellbeing within your workplace, social networks and beyond.

■ Our Vision

We believe that empowering learners with fundamental emotional wellbeing knowledge provides the foundation for improved emotional regulation, which provides the learner with better wellbeing, for life.



■ What We Do?

Our accredited mental health training covers everything your employees need, from accredited supervision of mental health for first aid to industry specific workshops, allowing you to coat every employee in mental health awareness.

Our lead mental health instructor Kirk Shortland has over 15 years of operational fire & rescue service experience for the UK's largest non-metropolitan fire & rescue service.



■ Our Training

8

Nationally Accredited Courses

Delivered virtually or in person. Our Approved Nuco Training Accredited Instructor provides the widest range of Mental Health First Aider qualifications throughout the UK.

All certification is Ofqual accredited with certification awarded by First Aid Awards Limited.

2

Approved Workplace Wellbeing Workshops

Delivered virtually or in person. Our approved workplace workshops are bespoke to the needs of your people managers and employees.



Meet Our Team



Kirk Shortland FRSPH Director

Kirk has over 23 years of professional business services experience, infused with 15 years of operational exposure working on the frontline for the UK's largest non-Metropolitan Fire & Rescue Service.

Kirk became a Fellow of the Royal Society for Public Health and a Governor for the Royal Humane Society in February 2024. Kirk also sits on the Beneficiary Experience Panel of The Firefighters Charity.

His training and facilitation style is both motivational and warm, with a dynamic and fluid approach to working with all people and groups to deliver collaborative and enjoyable training programmes. He is a strong communicator, who flourishes when empowering individuals.

■ Meet Our Team



Joanna Shortland Director

Joanna is a qualified legal professional with nearly 20 years of experience in her field. She is dedicated to delivering top-tier business solutions, specialising in residential conveyancing, family law, and employment law.

Joanna is highly task-oriented and excels as a focused team member. She boasts excellent verbal and written communication skills and is adept at managing large workloads. With a deep understanding of law and the legal system.

Joanna also has strong organisational skills and is proficient in electronic document management and filing systems. Her superior research and interpersonal skills ensure that mhfa4all runs smoothly behind the scenes, complemented by the highest level of discretion. Detail-oriented and adaptable, Joanna works effectively with all personality types.

Training Courses

Our exclusive range of accredited Mental Health First Aid courses, delivered either virtually or in-person by approved Nuco Instructor Kirk Shortland.



**Let's Get
In Touch**

Contact Us

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Visit Our Website

www.mhfa4all.com

FAA Level 1

Awareness of First Aid for Mental Health

This course is suitable for everyone within a workplace as it provides learners with the knowledge to identify suspected mental health conditions as well as the skills to start a conversation and be able to signpost a person towards professional help.

Duration

A minimum of 4 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 2 weeks of starting the course, with each training session a minimum of two hours.

Syllabus

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions.
- Providing advice and starting a conversation.
- Stress.
- Mental health conditions.

Numbers

A maximum of 16 delegates are allowed on the course.

Assessment

A range of methods are used, including practical and questioning (open and multiple-choice).

Certification

A Level 1 Award in Awareness for First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify.

FAA Level 2

First Aid for Mental Health

This one day course covers the content of the Level 1 course but also expands on the effects of drugs and alcohol, incorporates the First Aid for Mental Health Action Plan and covers ways in which a positive mental health culture can be supported within a workplace.

Duration

A minimum of 6 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 3 weeks of starting the course.

Syllabus

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Identifying mental health conditions.
- Providing advice and starting a conversation.
- Stress.
- Mental health conditions.
- Drugs and alcohol.
- First Aid for Mental Health action plan.
- First Aid for Mental Health in the workplace.

Numbers

A maximum of 16 delegates are allowed on the course.

Assessment

A range of methods are used, including practical and questioning (open and multiple-choice).

Certification

A Level 2 Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

1 Day training course delivered by *Nuco Approved Instructor*.

Prices From: £99.99+VAT Per Person.

FAA Level 3

Supervising First Aid for Mental Health

This two day course goes into detail on a wide range of mental health conditions and the support and help provided by healthcare professionals. It covers the content of both the Level 1 and Level 2 qualifications but is aimed at Trainer/ Assessors and/or supervisor level within the workplace.

Duration

A minimum of 12 hours spread over at least two days. Ideally, the course should be run over two consecutive days, but must be completed within 6 weeks of starting the course, with each training session a minimum of two hours.

Syllabus

A range of First Aid for Mental Health related subjects are covered including:

- What is First Aid for Mental Health?
- Post-traumatic stress disorder.
- Identifying mental health conditions.
- Self-harm.
- Providing advice and conversations.
- Suicide.
- Stress.
- Eating disorders
- Mental health conditions
- Personality disorders.
- Drugs and alcohol.
- Bipolar disorder.
- Psychosis.
- Schizophrenia.
- Depression.
- Anxiety.
- First Aid for Mental Health action plan.
- First Aid for Mental Health in the workplace

Numbers

A maximum of 16 delegates are allowed on the course.

Assessment

A range of methods are used, including practical and questioning (open and multiple-choice).

Certification

A Level 3 Award in First Aid for Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

2 Day training course delivered by *Nuco Approved Instructor.*

Prices From: £199.99+VAT Per Person.

Nuco Approved

Mental Health First Aid Refresher

This is a non-regulated annual refresher course recapping the skills and knowledge learners have gained from their regulated First Aid for Mental Health qualifications.

First Aid for Mental Health Annual Refresher

This course has been designed for First Aiders for Mental Health to refresh their skills and knowledge and to stay up to date with current events.

The course covers key topics from the regulated First Aid for Mental Health qualifications, including the signs and symptoms of mental health conditions, how to develop a first aid action plan for mental health and ways in which people can improve their general wellbeing.

Numbers

A maximum of 16 delegates can be accommodated on this course.

Certification

Although there is no formal assessment, the trainer will assess each individual ongoing throughout the course and issue a certificate of attendance.

3 Hour training course delivered by *Nuco Approved Instructor.*

Prices From: £49.99+VAT Per Person.

FAA Level 2

First Aid for Youth Mental Health

This qualification is suitable for anyone who actively connects with children such as parents, carers, teachers, youth group leaders and young adults.

The qualification has been designed with children and young people in mind covering areas such as depression, self-harm, eating disorders and bullying, and will provide the knowledge and skills to identify a potential mental health condition, start a conversation and provide support and guidance to professional help.

Duration

A minimum of 6 hours spread over at least one day. Ideally, the course should be run in one day, but must be completed within 3 weeks of starting the course.

Syllabus

A range of First Aid for Mental Health related subjects are covered including:

- Identifying Mental Health Conditions
- Stress
- Mental Health Conditions
- Drugs & Alcohol
- First Aid Action Plan For Mental Health

Numbers

A maximum of 16 delegates are allowed on the course.

Assessment

A range of methods are used, including practical and questioning (open and multiple-choice).

Certification

A Level 2 Award in First Aid for Youth Mental Health will be issued to the learner, subject to successful assessment. This qualification is valid for three years from the date of achievement. It is strongly recommended that the learner attends annual refresher training. The learner will need to complete the full course again to requalify for a further three years.

2 Day training course delivered by *Nuco Approved Instructor*.

Prices From: £89.99+VAT Per Person.

Mini Medics

Mini Medics Mental Health is a basic introduction to mental health for children between the ages of 9 and 13, but it can suit children of any age.



**Let's Get
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Mini Medics

Youth Wellbeing Awareness

The course will provide learners with a basic understanding of mental health, including what mental health means, how it is linked to physical health, what to do if they have a worry and the various ways in which they can look after their mental health.

Duration

The minimum classroom contact time of 6-hours can be spread over a maximum of 3-weeks, ensuring that each session is a minimum of 2-hours

Syllabus

A range of subjects are covered including:

- Understanding mental health
- Emotions and feelings
 - Mental health problems
- Talking about mental health
- Looking after our mental health Assessment

Numbers

A maximum of 16 children can be accommodated on this course and ideally, all children should be a minimum of 9 years of age.

Certification

A certificate of attendance is included to award the learners for their efforts. This is a non-regulated course and attendance is all that is required. A fun and educational worksheet is available for learners to test their knowledge.

■ Clients Say:

Kirk's Mental Health & Wellbeing talk took our understanding to the next level. I am in no doubt that this quietly ticked a lot of boxes for us.

The relaxed and informative session allowed for everybody at our Fire Station to really enjoy this training. Kirk was so easy to interact with, bringing the subject to life in a way that others can't.

We 100% recommend this training to all Fire & Rescue Services.

Nick Cridge

Watch Commander

Devon & Somerset Fire & Rescue Service



Let's get in touch:

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