

ONLINE: MENTAL HEALTH FIRST AIDER CERTIFICATION COURSE

**TUESDAY 6 MAY, THURSDAY 8 MAY, TUESDAY 13 MAY, THURSDAY 15
MAY 2025 – 09:30 – 13:30**

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| Webinar details: | The platform is Zoom and can be viewed on a mobile, tablet, laptop or PC. The link to join will be emailed to you nearer the time. It would be helpful to download Zoom on to your device beforehand - the app is Zoom Cloud Meetings. Please note that it may not be possible to access your video and microphone if you are remote accessing your office computer - you may want to forward the link. |
| Cost: | £275 – Member and Associate Members of BDLS/Trainee Solicitor and Non-Member of BDLS |
| Booking Reference: | 627 |
| CPD: | 16 |
| SRA Competence: | B SRA Statement of solicitor competence Solicitors Regulation Authority |

We are delighted to offer the new Mental Health First Aider course with MHFA England through Mindcare Training at the reduced rate of £275 (RRP £325) This is a certificated course which includes a 3 year accreditation with the Department of Health.

About the MHFAider course:

- MHFAiders® will gain the knowledge and skills to spot the signs of a person experiencing poor mental health, the confidence to start a conversation and a wealth of tools to signpost to appropriate support.
- When the training ends, a comprehensive package of support will be given to MHFAiders throughout their 3 years certification - so people are confident, empowered, and motivated to carry out the role.
- MHFAiders® will receive automatic 24/7 digital support through the MHFAiders Support App. In the app you will find exclusive resources, ongoing learning opportunities and the benefit of joining England's largest community of trained MHFAiders®
- Mindcare Training also offer quarterly debriefs to allow you to discuss your role in a supportive space.

How the course will be delivered:

- The course will be run online with Louise Larkum (MHFAEngland Instructor and Education professional). For further information visit www.mindcaretraining.com
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- The course consists of 4 x 4-hour sessions online broken up over 4 days.
- The sessions will be interactive, with quizzes, breakouts, and films with lived experience.

Costs and takeaways:

MHFAiders® will receive a learner bundle, which includes:

- A hardcopy workbook
- A digital MHFA manual
- Access to the MHFAider® support package for three years, including:
 - The MHFAider Support App®
 - Exclusive content and online events
 - An MHFAider® lanyard and ALGEE action card

Speaker Profile:

Louise is an education professional with a keen interest in emotional literacy. She is Founder and Director of Mindcare Training and delivers the suite of Mental Health First Aid England courses. Mindcare Training also offer 1.5 hour CPD session for Management Development, Professional Development and Personal Development. These sessions are delivered by a team of subject professionals who are all active in their field.

Please book online at:

<https://www.bournemouthlaw.com/bournemouth-district-law-society-lectures>

Course Notes: For environmental reasons, BDLS will no longer be providing printed course notes at lectures. Lecture notes will be emailed to delegates in advance for either printing or accessing via their laptop or alternative device on the day. L

Payment for lectures: Please be aware that payment must be received at the office before the lecture takes place. Course bookings will only be confirmed upon payment. All payments are to be paid by BACS. No refunds within 7 days of the course.

