



Comparison Table Adult MHFA England® Accredited Courses

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Course	Duration	Ideal For	Key Learning Outcomes	Resources & Certification
MHFAider® (Mental Health First Aid)	Two full days (or four half-days)	Those who want the most comprehensive MHFA England training, including full first aider responsibilities Maximum of 16 learners	<ul style="list-style-type: none"> - In-depth understanding of mental health and factors that affect wellbeing - Recognise signs of a wide range of mental health issues - Provide initial help and support until professional help is available - Confidently guide individuals towards appropriate services - Maintain own wellbeing while supporting others 	<ul style="list-style-type: none"> - MHFA England workbook and manual - MHFAider® Action Plan - Digital MHFAider® Support App and 3 years of ongoing support - Certificate as a qualified MHFAider®
Mental Health First Aid Refresher	4-hours	Qualified MHFAiders® whose certification is nearing 3 years Maximum of 16 learners	<ul style="list-style-type: none"> - Refresh knowledge and skills gained on the MHFAider® course - Renew confidence in spotting signs and offering support - Update on the latest mental health guidance and best practice 	<ul style="list-style-type: none"> - Refresher workbook - Updated MHFAider® certificate (valid for another 3 years)
Mental Health Champion	One full day (or two half-days within two weeks)	Time-poor workplace professionals who want to support colleagues and promote a healthy workplace Maximum of 16 learners	<ul style="list-style-type: none"> - Recognise signs of poor mental health - Provide initial reassurance and support - Signpost to appropriate help - Promote a positive mental health culture - Look after one's own wellbeing 	<ul style="list-style-type: none"> - Workbook and manual - Mental Health Champion certificate of attendance
Mental Health Aware	Half-day (4 hours)	Anyone seeking an introduction to mental health awareness and the confidence to start conversations Maximum of 25 learners	<ul style="list-style-type: none"> - Understand mental health and factors affecting it - Recognise signs of poor mental health - Challenge stigma - Start supportive conversations - Look after one's own wellbeing 	<ul style="list-style-type: none"> - Workbook and manual - Mental Health Aware certificate of attendance
Mental Health Skills for Managers	4 hours	Managers and team leaders wanting to support staff mental health better Maximum of 16 learners	<ul style="list-style-type: none"> - Understand the relationship between mental health, wellbeing, and performance - Recognise early warning signs in staff - Confidently start supportive conversations - Create a team culture that promotes positive mental health 	<ul style="list-style-type: none"> - Manager's workbook and manual - Mental Health Skills for Managers certificate of attendance

Our adult courses are designed for people 16+ years of age.

For all your mental health and neurodiversity training needs, contact The Hayward Hub – Hello@HaywardHub.co.uk or 07810511784.