

FIRST RESPONSE TRAINING

Mental Health Training

A range of high quality training courses to help promote mental health and wellbeing

Introduction to Mental Health

For a general but detailed overview of mental health, try our [Level 2 Award in Understanding Mental Health](#). Alternatively, our [Mental Health Awareness](#) course offers a slightly more basic introduction to the topic.



Mental Health at Work

Raise awareness of the importance of promoting positive mental health in the workplace, and empower colleagues to offer support with our workplace-specific courses, including the [Level 2 Award in Mental Health in the Workplace](#).



Special Focus Topics

Learn about specific mental health conditions and other related topics, such as [Anxiety and Phobias](#), [Bipolar Disorder](#), [Self-Harm](#) or [Suicide Awareness](#), with our special focus courses.



Accredited Training

We can provide the externally accredited, nationally recognised [Mental Health First Aid England](#) training courses, with trainers who are qualified and accredited to deliver the full MHFA suite, including [Adult](#), [Youth](#) and [Lite](#) courses.



firstresponsetraining.com | 0800 310 2300