



Mental Health First Aid courses

for Group Income Protection customers





Boost your workplace Mental Health strategy

Welcome to our free Mental Health First Aid (MHFA) accredited courses for Group Income Protection customers.

This year our in-house MHFA trainers will be running half-day **Refresher** courses and **2-day Mental Health First Aider** courses. Both courses are **free to attend** and full attendance for the whole course is required for certification.

All course materials are provided by MHFA England and are evidence based, credible and referenced.

Please note, spaces are limited to a total of two representatives from a company for either course type, throughout the calendar year.

Request a place today!



Important information, please read before proceeding.

- Due to high demand you'll need to **complete a request form** for your chosen course where we'll allocate spaces on a first-come, first-served basis. We'll let you know if you've secured a place **within 10 working days** of receiving your request.
- If you don't hear from us within 10 days it means you've not secured your requested place this time, but you'll be **added to a waiting list** for priority placement on the next available course of your chosen type. We'll be in touch nearer the time of the available course to invite you join us. We may also contact you if there is a cancellation.
- If you've secured a place but find you can no longer attend, you must let us know **at least 7 days before**, so we can attempt to fill your place. If you don't there may be a cost implication as to run the course, the MHFA stipulate that we must have a minimum number of people in attendance. If you don't leave us enough time to fill your place, we may have to cancel the whole course. **Please be sure you can commit to your chosen course before requesting a place.**
- Should attendees accept any further support, resources or materials directly from Mental Health First Aid England after the course, there could be a cost implication which will not be Zurich's responsibility to fund.
- The criteria for attending any of these courses is governed by the MHFA and is subject to change by them too.
- Zurich Corporate Risk reserves the right to amend or cancel these sessions at any time.

2025 courses



These courses are suitable for different audiences so please read the information detailed below carefully before choosing the right course for you. Please click on the arrows to find out more or to complete a request form for your chosen course.

Half-day Refresher course

The Refresher course is only for people who have previously completed the two-day Adult Mental Health First Aider course, and attendees must be able to provide MHFA certification of having completed this course.

This course enables attendees to refresh their skills and knowledge and helps them to retain their accreditation of MHFA First Aider.

This course is held online.

Find out more →

Two-day First Aider course

This 2-day awareness and skills course qualifies attendees as a Mental Health First Aider.

This course is classroom based at our offices in Mark Lane, London.

Find out more →

Half-day Refresher course



This course is only for people who have previously completed the two-day Adult Mental Health First Aider course. The MHFA recommend attending this Refresher course 2-3 years following the completion of the course mentioned above. Evidence of completion of these courses will be required.



Course content

MHFA England believe that mental health should be treated equally to physical health – and just like physical first aid, Mental Health First Aid training should be kept up to date.

This course enables individuals to remain contemporary with skills and knowledge and helps them retain the accreditation of MHFA First Aider. The refresher course is valid for 3 years.

MHFA Refresher course will empower the attendee to:

- Keep their awareness of mental health supports current
- Update their knowledge of mental health and what influences it
- Practice applying the Mental Health First Aid action plan



Who is the workshop aimed at?

People who have already completed a two-day Adult Mental Health First Aider course.

All attendees must work and live in England.



How do I access this course on the day?

The course is delivered via Microsoft Teams and a calendar invite will be sent to attendees once a place has been secured.

As the course is fully interactive, it requires use of a desktop or laptop computer with a camera, (This course cannot be accessed by mobile phone or tablets due to compatibility issues).

The course is facilitated using group work, personal work, video materials and a workbook, which is sent to attendees ahead of the course.

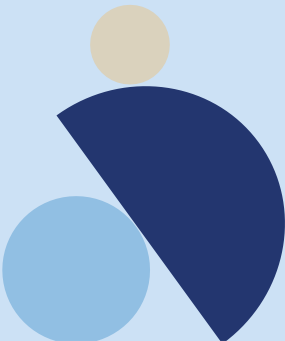


What is the duration of this course?

This course is a half-day course, which starts at 9.00am and ends at 13.00pm.

Request a place today!

[You can request a place and find out our next available course dates here>>](#)



Two-day MHFAider course



Course content

This two-day awareness and skills course qualifies you as a Mental Health First Aider, and will teach you to:

- Practical skills and awareness designed to give you:
- A deeper understanding of mental health and the factors that can affect people's wellbeing, including your own
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to appropriate support
- Knowledge and confidence to advocate for mental health awareness
- Develop an understanding of how you can create and maintain a healthier workforce or community



Who is the workshop aimed at?

People who have no previous MHFA training. This course is not appropriate for those who have already completed the 2-day Mental health First aid training.

Individuals must live and work in England as Scotland, Wales and Northern Ireland have their own borders and rules, so the MHFA training is slightly different for these parts of the UK and requires different instruction from Trainers accredited by the MHFA bespoke for each region.



Where is this course held?

The course is delivered in our Mark Lane office in London.

The course is facilitated using a workbook, which will be provided to you on the day.



What is the duration of this course?

This course take two days to receive accreditation as a Mental Health First Aider. The two days are consecutive and start at 9.00am and end at 17.00pm each day.

Request a place today!

[You can request a place and find out our next available course dates here>>](#)





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