

Build Mental Health Knowledge for Your Staff & Students

IDENTIFY - UNDERSTAND - RESPOND

to Mental Health Problems at Early Stages

Good mental health is paramount to students' success.



Educating Public
on Mental Health

— Universities & Colleges —



What is Mental Health First Aid?

- As the name says, it is the first aid given for mental health problems.
- It is the help provided to a person developing a mental health problem, experiencing a worsening of an existing mental health problem or a mental health crisis.



Why should students learn MHFA?

- Colleges & Universities can be high pressure environments where students face the pressure to perform.
- India has very high rates of student suicides. MHFA training equips students to manage their own as well as their peers' mental health issues.
- It adds value to the CV of future professionals.



Who else can learn MHFA in the campus?

- Teaching staff & Support staff can take up MHFA training.
- The first point of contact for students is their teachers. Trained staff can recognize & provide support when a mental health issue develops and prevent them from turning into crisis.
- Promotes a positive environment where the students can be open about their mental health issues without the fear of getting stigmatised.
- Complement other systems in place. (e.g. student counsellors)



I am a student; do you have any offers for me?

- Yes. We offer special discounted fees to students as part of our commitment to make the course accessible & affordable for different student communities.



Students & Staff do not have a medical background. Can they understand this training?

- Yes. Any adult over the age of 18 can take up this course.
- The entire training is conducted in simple and easy to understand language for everyone to easily practice the first aid skills. Even those who do not have a medical background will be able to understand the training.
- It gives you a sense of satisfaction of helping others who might be suffering in silence.



Can College staff deliver the MHFA Training?

- Yes! College staff can be trained as MHFA Instructors & deliver the MHFA Training for students. Contact MHFA India for more details.



Trainings can be conducted at
your campus upon request.
Contact MHFA India
for more details.



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