

Lead the **Change**

Train Mental Health First Aiders

**Swinton Park Hotel,
15th & 16th April 2026**

This accredited two-day MHFA course equips participants with the confidence and practical skills to recognise signs of poor mental health, start a supportive conversation, and guide someone to appropriate help.

With small group sizes capped at 16 participants, it ensures a safe and engaging learning experience for everyone involved.

What you'll receive

- ✓ MHFA England certification (valid for 3 years)
- ✓ Access to the MHFAider Support App®
- ✓ Membership of the Association of Mental Health First Aiders®
- ✓ Digital manual, workbook and quick-reference card

Training Details

- 📅 15th & 16th April 2026
- 🕒 9am-5pm, both days
- 📍 Swinton Park Hotel, Masham, HG4
- £ £325 per person, incl. lunch & refreshments

Spaces are limited – early booking recommended.



**To book a place or to discuss your workplace support needs,
please email holly@mindinharrogate.org.uk**