



health & wellbeing
in your own two hands

Which course is right for me?

MENTAL HEALTH FIRST AID

MENTAL HEALTH CHAMPION

MENTAL HEALTH AWARE

FIRST AID TO SUPPORT PEOPLE IN DISTRESS	TRAINING TO SPOT SIGNS OF MENTAL ILL HEALTH	RAISES AWARENESS ABOUT MENTAL HEALTH
SUITABLE FOR ALL: ESPECIALLY HR & MGMT	SUITABLE FOR ALL: ESPECIALLY HR & MGMT	SUITABLE FOR ALL: COMPANY-WIDE
12-HOURS INSTRUCTOR TRAINING	7-HOURS INSTRUCTOR TRAINING	4-HOURS INSTRUCTOR TRAINING
ONLINE OR FACE-TO-FACE	ONLINE OR FACE-TO-FACE	ONLINE OR FACE-TO-FACE
CERTIFIED AS A MENTAL HEALTH FIRST AIDER	CERTIFIED AS A MENTAL HEALTH CHAMPION	CERTIFIED AS MENTAL HEALTH AWARE
MAX 16 DELEGATES PER COURSE	MAX 16 DELEGATES PER COURSE	MAX 20 DELEGATES PER COURSE
VALID FOR 3 YEARS	VALID FOR 3 YEARS	NO EXPIRY DATE
AFTER 3 YEARS, COMPLETE HALF-DAY REFRESHER	AFTER 3 YEARS, COMPLETE HALF-DAY REFRESHER	NO REFRESHER NEEDED

FOR MORE DETAILS AND TO BOOK A COURSE, VISIT:
WWW.SIENDO.CO.UK