

# MHFA Champion course

This course is available as either an online or face-to-face training session.

This one day course trains you as an MHFA Champion, giving you:

- An understanding of common mental health conditions
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive wellbeing

For more info and to book, contact:



Visit the MHFA England website at [mhfaengland.org](https://mhfaengland.org)  
Find us on social media @MHFAEngland

