

Goals of the MHFA Ersthelfer Courses

The course is an offer for layperson-based early detection and intervention. Specifically meaning: laypersons are trained by instructors (professionals in the field of mental health) to recognise mental disorders of close persons and react adequately until appropriate professional help is received. The first aid course improves **knowledge about mental health**, reduces stigmatising behaviour, enhances **first aid confidence** and **benefits the first aiders' mental health**. Our courses have been developed by professional experts in co-operation with affected people and cover a wide variety of mental health problems and crises.

Upcoming course dates:



 **MHFA**
ERSTHELFER
Kurse für psychische Gesundheit

MHFA Ersthelfer
Zentralinstitut für Seelische Gesundheit
J5, 68159 Mannheim
info@mhfa-ersthelfer.de
www.mhfa-ersthelfer.de

#endlichhelfenkönnen

 **MHFA**
ERSTHELFER
Kurse für psychische Gesundheit

Become a MHFA
First Aider

HELPING COMPETENTLY

in crises and with mental health problems



Zentralinstitut
für Seelische
Gesundheit



in partnership with:
Beisheim Stiftung



Zentralinstitut
für Seelische
Gesundheit

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is a global, innovative program developed in line with the successful concept of physical first aid. Since its founding in Australia in 2000 it has been constantly evaluated by scientific research methods. In the meantime, MHFA has actively spread to more than 40 countries worldwide and has been honoured with a range of international awards, amongst others, in Australia, Germany, England and the USA.

Evidence-based

✓ MHFA is based on evaluated scientific evidence, its efficacy has been repeatedly examined in studies.

Licensed

✓ MHFA Ersthelfer is the licensed provider for MHFA Ersthelfer Courses in Germany.

Worldwide movement

✓ In over 50 countries, more than eight million people worldwide have been trained in MHFA.

Non-profit-status

✓ Profits from our courses are solely used for the organisation and conduct of the courses and the further development of MHFA Ersthelfer.

MHFA Ersthelfer Courses

In the course, adults learn how to **recognise** and **address** relatives, friends and colleagues affected by mental disorders at an early stage. The participants acquire basic knowledge about different mental disorders and crises and learn how to deliberately **support and inform** persons affected by mental health problems. An important part of the course is to train how those affected can be **encouraged** to find appropriate professional help and how to reactivate resources.

Become a MHFA first aider

Complete the **12-hours course** to become a mental health first aider. After completing the course you are eligible to pass an online exam to become an **accredited** mental health first aider.

Almost 30% of the adult german population suffer from a mental disorder within a year.

As a certified MHFA instructor and psychologist, mental health is a topic very close to my heart. Through MHFA, I want to empower people to recognize mental health issues and support those affected — with solid knowledge, courage, and compassion. ❤️

I offer courses in **English** or **German** at the cozy café “**A Little West**” (Westendstr. 87, 80339 Munich). The course fee includes the certificate, a handbook, and vegan catering. 🍰

Contact me for questions or inquiries about group & corporate courses:
✉️ mail@dr-laura-hainke.com



Dr. Laura Hainke
MHFA Instructor

in Zusammenarbeit mit
MHFA ERSTHELFER
Kurse für psychische Gesundheit

