

Quarterly MHFAider Facilitated Forum

Support for MHFAiders: providing guidance and reassurance they are not alone.

Our MHFAider guidance & support forums are tailored to provide MHFAiders with the clarity they need to excel in their role. We believe it's important to offer a safe space for MHFAiders to discuss their role, while staying up-to-date with the latest best practices and information.

*Session held online through our MINDWELL Companion!



Outline of session.

Part one: Reflecting on the previous quarter as a MHFAider

In this section, group discussions will focus on assessing how the previous quarter has been as a MHFAider. Participants are encouraged to come prepared with questions about the role or a recent experience they have had, which could serve as a "case study" for guidance and reassurance.



Part two: Focused topic discussion

Explore a particular topic in greater depth. Our experienced instructor team or a qualified guest speaker will guide our discussion, facilitate practical tasks, or share relevant videos. This is also an opportunity for bite-sized training & resource sharing.

Held on our MINDWELL Companion's live feature (powered by zoom).

1.5 hour sessions £35pp per quarter or £120pp paid annually.

[Enrolment / Enquiry Form](#)