

# Certificate of attendance



## Paula Heaps

has attended an Mental Health First Aid course and is now a Mental Health First Aider (MHFAider®). This course teaches knowledge and skills for providing first aid to support people who may be experiencing poor mental health.

### Date of attendance

Start date: 15 November 2023

End date: 6 December 2023

### Instructor Member

Jenni Cole

Your Mental Health First Aid (MHFA) England certificate is valid for three years from the date you completed the course. We recommend you keep your skills and knowledge up to date with MHFA Refresher training. For more details visit our website, [mhfaengland.org](https://mhfaengland.org).

MHFA England is a social enterprise with a vision to improve the mental health of the nation. Through our training, campaigning, and reinvesting, we equip people with the skills to support their own and others' wellbeing.

We believe in zero stigma around mental health. We want mental health to be openly discussed and supported. Together, let's create a society where everyone can thrive.

A handwritten signature in black ink that reads "Simon Blake".

Simon Blake OBE

Chief Executive

MHFA England

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