



Bermuda Hospitals Board

Mental Health First Aid Certification Course 2026

The goal of the Mental Health First Aid training course is to provide people with the resources to help those experiencing a mental health problem and to guide them to the appropriate professional help. For example, you may encounter an individual in the community, perhaps at work, who you believe may be experiencing symptoms of depression. This course will help you to approach this individual and will give you the tools to discuss your concerns as well as help them seek appropriate professional help.

The programme was developed by Betty Kitchner and Anthony Jorm in Australia in 2001. The programme is currently available in Canada, England, Finland, Hong Kong, Japan, New Zealand, Northern Ireland, Scotland, Singapore, South Africa, Thailand, United States of America and Wales.

Bermuda Hospitals Board is supporting this programme as part of our efforts to educate staff and the community about mental health issues with the goal of decreasing the stigma related to mental illness. Mental Health First Aid aims to educate those with any level of mental health background.

The course is free for BHB employees and \$100.00 for non-BHB employees.

2026 Dates:

15-16 January	16-17 July
10-11 February	18-19 August
19-20 March	17-18 September
21-22 April	13-14 October
14-15 May	19-20 November
23-24 June	15-16 December

Venue: Mid-Atlantic Wellness Institute Main Conference Room*

Time: 9:30am-5pm (both days)

Participants will be provided with a certificate indicating they are trained in Mental Health First Aid, providing they attend both days. Participants will also receive regular updates on Mental Health First Aid resources.

Please email for further information: mhfa@bhb.bm.

**Any changes to the venue will be communicated prior to the course date.*



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2026 MENTAL HEALTH FIRST AID REGISTRATION

If registering a group, please complete the form for each participant. Please email the completed registration form to MHFA@bhb.bm.

Name: _____ Organisation: _____

Email: _____ Cell: _____ Phone: _____

Please indicate the 2026 course for which you are registering:

- | | |
|---|--|
| <input type="checkbox"/> 15-16 January | <input type="checkbox"/> 18-19 August |
| <input type="checkbox"/> 10-11 February | <input type="checkbox"/> 17-18 September |
| <input type="checkbox"/> 19-20 March | <input type="checkbox"/> 13-14 October |
| <input type="checkbox"/> 21-22 April | <input type="checkbox"/> 19-20 November |
| <input type="checkbox"/> 14-15 May | <input type="checkbox"/> 15-16 December |
| <input type="checkbox"/> 23-24 June | |
| <input type="checkbox"/> 16-17 July | |

Payment Method:

Payments can be made to the Mid-Atlantic Wellness Institute accounts office, located in the main lobby, Monday to Thursday from 8:30am-3pm and Friday 8:30am-2:30pm. Credit and debit cards are not accepted at this time.

- CASH
- CHEQUE
- PURCHASE ORDER*

**If paying by purchase order, please contact the MWI Accounts Department at 236-3770.*

- I understand that if I am a BHB employee there is NO CHARGE for this course.
- I understand that Mental Health First Aid is a two-day course and that both days must be attended in full to receive the certificate of completion.
- I understand that registration is not confirmed until payment is received.

Signature: _____ Date: _____