

Certificate of attendance



Elena Paraskevas-Thadani

has attended an Online Mental Health First Aid Adult course and is now a Mental Health First Aider. This course teaches in depth skills for providing first aid to people who may be experiencing mental health issues such as depression, anxiety and psychosis.

Date of attendance

Start date: 19 January 2021

End date: 26 January 2021

Instructor Member

Mark O'Grady

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.

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



MHFA England

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