

# Certificate of attendance



## Tristan Findley

has attended an Adult MHFA One Day Online course and is now a Mental Health First Aid Champion. This course provides an understanding of common mental health issues and the skills to signpost people to support.

Date of attendance  
27 January 2022

Instructor Member  
Andrew Foster

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

Simon Blake OBE  
Chief Executive  
MHFA England

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](http://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.

[mhfaengland.org](http://mhfaengland.org)  
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