

Mental Health First Aid England

2 Day course

MHFA England training is a key component for creating a safe, healthy workplace where the mental health and physical health of employees are valued equally. It gives people the tools to support their own mental health and that of their colleagues and encourages them to access timely support when needed.

Legislation for Mental Health First Aid provision in the workplace is not yet in place. The Health and Safety Executive says:

“You should consider ways to manage mental ill health in your workplace which are appropriate for your business, such as providing information or training for managers and employees, employing occupational health professionals, appointing mental health trained first aiders and implementing employee support programmes.”

To demonstrate that your organisation views mental health as equally important to physical health, we recommend that you consider your organisation structure and the demands on the workforce. For some organisations it may be worthwhile aiming to have as many Mental Health First Aiders as physical first aiders.

Designed for

This course is suitable for all adults, Line managers and staff who want to gain the necessary skills to have a non-judgmental conversation, recognise the signs and symptoms of mental health issues and resources for help and support.

This is not a counselling or therapeutic session, purely around awareness so you can feel more empowered to help someone else.

Course Outcomes

As an MHFAider® you will be able to:

- ❶ Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention
- ❶ Encourage a person to identify and access sources of professional help and other supports
- ❶ Practise active listening and empathy
- ❶ Have a conversation with improved mental health literacy around language and stigma
- ❶ Discuss the MHFAider® role in depth, including boundaries and confidentiality
- ❶ Practise self-care
- ❶ Know how to use the MHFAider Support App®
- ❶ Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England

Objectives

Raise mental health awareness and tackle stigma throughout the organisation to help create an environment where people feel empowered to contact their Mental Health First Aiders for support.

Takeaways

Everyone who completes the course gets:

- ❶ A hard copy workbook to support their learning throughout the course
- ❶ A digital manual to refer to whenever they need it after completing the course
- ❶ A wallet-sized reference card with the Mental Health First Aid action plan
- ❶ A digital MHFAider® certificate
- ❶ Access to the MHFAider Support App® for three years
- ❶ Access to ongoing learning opportunities, resources and exclusive events
- ❶ The opportunity to be part of the largest MHFAider® community in England