

Why should we be aware of mental health problems?

Mental health problems can affect people at any time of life in different ways. They affect not only individuals and their families, but friends, work colleagues and employers too. Many people suffer a mental illness for a long time before they seek help.

What is Mental Health First Aid?

Mental Health First Aid is the help given to someone experiencing a mental health problem before professional help is obtained.

The aims of MHFA are:

- to preserve life where a person may be a danger to themselves or others
- to provide help to prevent the mental health problems developing into a more serious state
- to promote the recovery of good mental health
- to provide comfort to a person experiencing a mental health problem

MHFA training does not teach people to be therapists. However, it does teach people how to recognise the symptoms of mental health problems, how to provide initial help and how to guide a person towards appropriate professional help.

Who is the course for?

Mental Health First Aid is for anyone who works with other people in a paid or voluntary role and would like to be able to recognise signs and symptoms of mental health problems and be able to offer initial help and support.

Those who are trained in Mental Health First Aid will be equipped to improve the outcomes for those affected by mental health problems and also their families, friends, colleagues and employers.

Evaluation in England

A recent evaluation demonstrated increased confidence in helping someone with a mental health problem, a greater understanding of mental health problems and the stigma associated with them, and a positive impact on personal mental health. Participants were able to use the skills and knowledge gained to help people across a range of settings including the workplace, relatives and friends and the general public.

MHFA exists in many countries, and is now available as MHFA England developed by NIMHE, the National Institute for Mental Health in England, in consultation with Mind and Health Scotland.

Course programme

The 12-hour course covers a number of topics including:

- what is meant by mental health/mental ill health
- the signs and symptoms of common mental health problems including depression, anxiety disorders, OCD and psychosis
- the range of effective interventions and treatments
- how to access professional help and support

The course delivery is very flexible and may be delivered over 2 full days or spread out over a number of sessions.

The course cost includes a comprehensive participants manual and certificate.

Details of local programme can be obtained by contacting a MHFA trainer (see below) or courses can be arranged in house for up to 12 participants if an organisation has suitable facilities.

MHFA Instructors

Gill Pitt 01584 874922
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A programme of MHFA courses is currently running at the

The Furniture Scheme

For contact details see overleaf

Quotes from participants:

"The course has given me more insight and understanding into the experience of mental distress, and given me strategies to help."

"The information was well presented and easy to understand"

"The course has made me more aware of Mental Health issues which in my job as a shop steward will help me when representing union members."

"I will use what I have learnt in my personal life and with clients. I have more awareness of Mental Health issues and how they affect me and others."

"Learning MHFA has given me the confidence to deal with situations I would have avoided in the past"

What is Mental Health First Aid?

Mental Health First Aid is exactly what it suggests, a first aid approach to mental health

Mental Health First Aiders

Mental health first aiders in the workplace and in the community are largely non-health professionals who can:

- Promote awareness of mental health amongst peers and within their organisation
- Recognise those affected by mental health problems
- Offer initial help and guidance towards professional help and support
- Help to tackle the prejudice and stigma associated with mental illness
- Improve outcomes for those affected, families, friends, colleagues and employers

Contact:



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Mental Health First Aid Training

"One in four people will experience mental health problems in any one year"



ENGLAND
Mental Health First Aid

How does this impact on you?