



Supporting People

What is Mental Health First Aid?

Mental Health First Aid (MHFA) is an internationally recognised two day training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

The Standard MHFA training can be attended by adults aged 16 upwards and is relevant for the general population. MHFA England also offers courses designed specifically for those working and interacting with young people and for anyone in the Armed Forces community. Everyone on the course is taught a set of skills which enables them to support someone experiencing mental health issues. Each and every MHFA course is delivered by a quality assured instructor, who has attended the seven day instructor training programme accredited by the Royal Society for Public Health.

What will I learn on a two day MHFA course?

Our MHFA instructors deliver training that has been designed to fit into four manageable chunks. These are:

- _What is mental health?
- _Suicide and depression
 - _Recognise the signs
 - _First aid for depression
 - _How to help a person who is suicidal
- _Anxiety, eating disorders, and self harm
 - _Recognise the signs
 - _First aid for anxiety
 - _First aid for eating disorders
 - _How to help a person who is self harming
- _Psychosis
 - _Recognise the signs
 - _First aid for psychosis

Everyone who attends the course will receive a copy of the MHFA manual and workbook, which are both excellent support resources. When you have completed the course you will also receive a certificate to confirm that you are a trained Mental Health First Aider.

How will becoming a Mental Health First Aider help?

The course will:

- _Give a deeper understanding of the issues that impact on and relate to people's mental health
- _Teach practical skills that can be used every day, including being able to spot the signs and symptoms of mental health issues

Independent research and evaluation shows that taking part in an MHFA course:

- _Raises mental health awareness
- _Reduces stigma around mental ill health
- _Boosts knowledge and confidence in dealing with mental health issues
- _Encourages people to start a conversation with a person who may be experiencing a mental health issue
- _Promotes early intervention which enables recovery

MHFA won't teach you how to be a therapist, but you will be able to say you're a Mental Health First Aider.

To find out more about our training and consultancy please contact:

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mhfa 
mental health first aid **Standard**