



MHFA England



# MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) is an internationally recognised training course.

It is the mental health equivalent of physical first aid training and provides participants with the skills and confidence to recognise the signs and symptoms of common mental health issues and effectively guide a person towards the right support. To date over 150,000 people across England have taken an MHFA course.

## BECOMING A MENTAL HEALTH FIRST AIDER WILL HELP YOU:

- Give a deeper understanding of the issues that impact on and relate to people's mental health.
- Learn practical skills that can be used every day, including being able to spot the signs and symptoms of mental health issues and feel confident guiding people towards appropriate support. Independent research and evaluation shows that taking part in an MHFA course:
  - Raises awareness and mental health literacy
  - 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.

### WHAT YOU NEED TO KNOW:

- This is a two-day course that can be run in-house for 8 to 16 people
- 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.

The Healthy Work company specialises in Mental Health, Influencing and leadership training. With a particular understanding of the health & safety market we tailor courses or facilitate team meetings to suit your requirements. We are trained to deliver MHFA, and can discuss a full mental health programme with your leadership team.

WE HAVE DELIVERED TRAINING TO SUCH BUSINESSES AS:



## THE STATISTICS

- 1 At any one time one worker in six will be experiencing depression, anxiety or issues relating to stress  
Centre for Mental Health, 2010
- 2 The total cost to employers of mental health issues among their staff is estimated at nearly £26 billion each year. That is equivalent to £1,035 for every employee in the UK workforce  
Sainsbury Centre, 2007
- 3 One in four people in the UK will experience at least one diagnosable mental health issue in any one year  
Health & Social Care Information Centre, 2009
- 4 Suicide is the biggest killer of men aged 20 to 49  
Office for National Statistics, 2015
- 5 Mental ill health is responsible for the largest burden of ill health in the UK, representing 28% of the total burden, compared to 16% for cancer and 16% for heart disease  
Annual Report of the Chief Medical Officer, 2013

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