

# Mental Health First Aid doesn't start with an "M", it starts with a "you".

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## What is Mental Health First Aid?

Think of physical first aid, and then transfer it to issues that people face with their mental health. A Mental Health First Aider looks to:

- preserve life where a person may be at risk of harm to themselves or others
- provide help to prevent the issue from becoming more serious before professional help intervenes
- promote recovery of good mental health
- provide comfort to a person with a mental health issue

Plus, we take on three other responsibilities, specific to mental health:

- We raise awareness of mental health issues in the community
- We reduce stigma and discrimination
- We improve our own health and wellbeing

## What Does the Training Cover?

We look at a range of subjects, from the overarching theme of “mental health” to specific disorders such as depression, anxiety, eating disorders and psychosis. We also look at the main crises associated with poor mental health (suicide and self-harm), and we cover a five-step action plan to use if you encounter someone who is struggling.

## What Does the Course Involve?

These courses are being delivered **online**, using Microsoft Teams or Zoom. There are 4 sessions, split over 2 full days. You will receive a 280-page manual and a workbook in advance, which are yours to keep. This is a hybrid learning programme. Each session will involve you completing some self-led learning on the dedicated platform, followed by a 2-hour live session delivered by an accredited MHFA instructor.

## When Are the Courses Happening?

Delivery started in April and will run until December 2022. **Attendance at every session is essential** – although if you miss a session we may be able to book you onto a subsequent one.

## What Will I Get Out of it?

This is the official Mental Health First Aid course, owned by MHFA England. As well as the above-mentioned resources, you will become an official Mental Health First Aider and will receive an electronic certificate of proof. This is valid for **3 years**, and a half-day refresher is available to renew the certification in Year 3.

## What Equipment Will I Need?

As well as the resources that will be sent to you, you’ll need a pen, a computer/laptop (for full benefit, we suggest not using your mobile phone) and working speakers, microphone and webcam. Given the sensitive nature of some of the training, you **must** be willing to have your camera turned on throughout the course.

## Is This Course Right for Me?

It’s right for most, but not all people. Firstly, no previous knowledge of mental health is needed, Secondly, we want the learning to be an entirely positive experience for you – if your own mental health is poor at the moment, and/or you’re in active therapy – it may be better to attend when you’re in a more appropriate place. Feel free to contact your provider at the above email address if you’d like to talk this through.