



Mental Health First Aid

Would you like to feel confident in understanding mental health problems?

Would you like to know more about how to support someone, including clients?

Mental Health First Aid teaches the basics about different mental health problems, and how to help someone who is experiencing mental health difficulties.

It will not teach you how to be a therapist, but you will feel more confident in supporting friends, family, colleagues and clients.

Mental Health First Aid is endorsed and supported by the Department of Health.

What is Mental Health First Aid?

Mental Health First Aid, or MHFA, is about providing initial support for someone with a mental health problem.

The course was first developed in Australia, and is now delivered around the world.

In 2008, the course has become available in England for the first time. It is supported by the Department of Health and the Care Services Improvement Partnerships (CSIP). Mind organisations in the North East, led by Middlesbrough Mind, have been successful in securing Lottery funding to support the delivery of MHFA throughout the North East.

MHFA is a 12 hour course, spread over 2 full days or 4 half days, whichever is preferred.

What are the key benefits?

The benefits of **MHFA** for individuals and organisations have been researched and evaluated.

The course will:

- n provide you with clear and accurate information about mental illness
- n improve your skills in recognising mental health problems
- n teach you how to provide initial information and support
- n increase your understanding of your own mental health and how to look after it.

The benefits of **MHFA** for the **workplace and employers** will also include:

- n demonstrating your commitment to good practice in Health and Safety, and
- n enabling you to provide appropriate support to staff and clients who experience mental health difficulties.

At the end of the course all participants receive a MHFA handbook and a CSIP certificate.

Who is the course relevant for?

The course is relevant to a wide range of settings including all workplaces, private companies, schools, colleges, training organisations and universities, community groups, health services, housing providers, community workers, probation workers, prisons and the police.

In fact, anyone can experience mental health problems, so it's relevant to everyone!

Contact us

For any further information about the course and how you can assess it for yourself or your organisation, please contact:

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