

Mental Health First Aid

Mental Health Is Your Business!



One in four British adults will experience at least one diagnosable mental health problem in any one year.

UK businesses are losing over £1000 a year for every person they employ because of mental ill health in their workforce. The total cost to businesses UK wide is £25.9 billion a year!

Employees are taking 70 million days sick leave a year because of mental health problems such as stress, anxiety and depression

The intention of this programme is to promote awareness of mental health issues amongst the general public, and to train non-professionals to recognise those affected by mental health problems and offer initial help and guidance towards professional support.

MENTAL HEALTH FIRST AID (MHFA) is the help given to someone experiencing a mental health problem before professional help is obtained. MHFA 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 the appropriate professional help.

By training these "mental health first aiders" within the community and the workplace, it aims to tackle the prejudice and stigma traditionally associated with mental health problems, and to improve the outcomes for those affected and their families, friends, colleagues and employers.

'The latest 'Open MHFA Programme' dates can be found on our website.

HUBB can also deliver 'Closed' programmes for your organisation.

For information on our delivery dates and venues, to book on this programme, or for any further information about MHFA and other training opportunities HUBB offers please contact:

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MHFA Participant Quotes

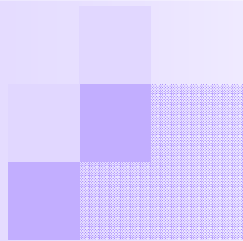
'A lot of effort was taken to accommodate different learning styles and levels of knowledge/ understanding'

'I liked the techniques aimed at creating empathy for people with mental illness'

'A very good course and well presented'

'Thought provoking...sharing of opinions, ideas and thoughts was good. Very interactive!'





Course Outline

A 12-hour intensive course delivered over 2 days, as part of a new national training programme developed and regulated by the National Institute for Mental Health in England (NIMHE) and England's Care Services Improvement Partnerships (CSIP). The programme includes the comprehensive 'Mental Health First Aid Handbook' and participants who complete the 2 day programme will be awarded the 'Mental Health First Aid Certificate'.

Elements covered include:

- Why mental health first aid?
- Common mental health problems
- The five steps of mental health first aid
- What is depression?
- Symptoms of depression
- Alcohol, drugs and depression
- Risk factors for depression
- Suicide in England
- Crisis first aid for suicidal behaviour
- Crisis first aid for overdose
- First aid for depression
- Treatment and resources for depression
- What are anxiety disorders?
- Symptoms of anxiety disorders
- Alcohol, drugs and anxiety disorders
- Crisis first aid for panic attacks
- Crisis first aid for acute stress reaction
- Treatment and resources for anxiety disorders
- What are psychotic disorders?
- Symptoms of psychotic disorders
- Risk factors for psychosis
- Crisis first aid for acute psychosis

