



HUBB

Mental Health First Aid

Mental Health Is Your Business!



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 ill health problems, how to provide initial help and how to guide a person towards the appropriate professional help.

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.

By training “mental health first aiders” within the community and the workplace MHFA aims to tackle the prejudice and stigma traditionally associated with mental illness, and to improve the outcomes for those affected, their families, friends, colleagues and employers.

A 12-hour intensive course delivered over 2 days. 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’ ratified by MHFA England.

Elements covered include:

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

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!’



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