



Mental Health First Aiders (MHFAiders®)



Introduction

Mental Health First Aiders (MHFAiders®) is an internationally recognised training course, designed to teach people to identify the signs and symptoms of mental ill health and enable them to be confident to start a conversation and signpost a person to appropriate support.

Every course is delivered by a quality assured instructor who has attended the seven-day instructor training programme accredited by the Royal Society for Public Health.

This course will:

- Boost knowledge and confidence in dealing with mental health issues
- Raise awareness and mental health literacy
- Reduce stigma around mental ill health and enables delegates to feel confident guiding people towards appropriate support
- Encourage people to start a conversation with a person who may be experiencing a mental health issue
- Promote early intervention which enables recovery



Course Duration

SSG offer this course over two days as a classroom or virtual course.



Course Attendees

This course is ideal for staff who would like to become MHFAiders®. As part of the First Aid needs assessment (HSE Guidance document L74), it is recommended that a spread of MHFAiders® are available across all levels and areas of an organisation.



Course Programme

As MHFAiders®, you will be able to:

- Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention
- Encourage a person to identify and access sources of professional help and other supports
- Practise active listening and empathy
- Have the confidence to initiate a conversation about improving mental health literacy and reduce stigma
- Discuss the MHFAider® role in depth, including boundaries and confidentiality

- Practise self-care
- Know how to use the MHFAider Support App®
- Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England

Delegates will be trained using a mixture of instructor-led training, group discussions, individual and group activities.



Training Certification and Assessment

This course is certificated by MHFA England. On successful completion of training delegates will receive certificates which are valid for three years. Refresher courses are available.



Suggested Follow on and Complementary Courses

- MHFAiders® Refresher
- IOSH Managing Occupational Health and Wellbeing
- First Aid at Work
- NEBOSH National General Certificate in Occupational Health and Safety