Mental Health First Aid (MHFA) Training

Educating and Preventing

Mind | Havering
for better mental health

MHFA England

In any one year, approximately

1 in 4

British adults experience at least one diagnosable mental health problem.

Mental ill health costs UK employers an estimated

£26 billion,

which equates to an average of over £1,000 per employee.

20% of adolescents may experience a mental health problem in any given year.

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. Completing a two day course qualifies you as a Mental Health First Aider. Havering Mind offers 2 types of MHFA: Adult and Youth

The <u>**Adult Mental Health First Aid**</u> is a two day course for:

- any adult (16+) who wishes to learn more about mental health issues
- people who, on a personal level, are supporting those with mental health needs
- people who, in the course of their work, are supporting those with mental health needs
- anybody working in the field of mental health

The course will teach you to:

- spot the early signs of a mental health problem
- help prevent someone from hurting themselves or others
- feel confident helping someone experiencing a problem
- provide help on a first aid basis
- help stop a mental illness from getting worse
- guide someone towards the right support
- help someone recover faster

The <u>**Youth Mental Health First Aid**</u> is a two day course for those who teach, work, live with or care for young people aged 11 – 18. Although similar to the adult course, it focuses more on the **common issues that young people face**, including bullying, body image issues and substance misuse. It is also suitable for parents working with their children's mental health.
The training provides **information, tools and techniques** to promote a young person's mental and emotional wellbeing and to enable participants to support a young person who might be experiencing mental and emotional distress.

For more information about our **MHFA training** please contact us:
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