

Mental Health First Aid

Did you know: 1 in 4 adults will experience mental health problems in any one year?

Become a Mental Health First Aider

Mental Health First Aid (MHFA) is a training course that teaches people how to identify, understand and support someone who may be experiencing a mental health issue.

MHFA won't teach you to be a therapist, however, it will teach you how to listen effectively, how to reassure and respond; even in a crisis – and even potentially prevent a crisis from happening.

You'll learn to recognise the warning signs of mental ill health and develop the skills and confidence to approach and support someone, while keeping yourself safe.

You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through their GP, their school or place of work, online self-referral, support groups, and more.

What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

Source: MHFA England - <https://mhfaengland.org/individuals/adult/>

Why do Mental Health First Aid training?

Within the general population there is widespread ignorance of mental ill health, and with ignorance comes stigma. For some people that stigma can lead directly to delays in getting help and support. Lack of information and awareness also creates a lack of confidence, leaving people uncertain of how to respond if somebody is distressed or in a mental health crisis situation.

MHFA is a response to ignorance, misinformation and uncertainty about mental health. MHFA aims to improve mental health literacy throughout communities through the provision of engaging and accessible training, supporting the belief that mental health crises such as suicidal and self-harming actions can sometimes be avoided by early intervention.

How do I get involved?

Mind in Haringey offers the Adult Two Day Mental Health First Aid course once per month; all courses are **fully funded for front line workers living, working or volunteering in Haringey** *. After completing this course you will be an accredited Mental Health First Aider.

You don't have to work in a mental health setting – our courses are valuable for anyone who works with the general public in any setting, from hairdressers and shop assistants to teachers and police officers and everyone in between.

A full list of our upcoming course dates is included towards the end of this document.

**To book a place on a course, contact us on
0208 340 2474 / admin@mih.org.uk**

What will I learn?

Over the two days, the MHFA course will teach you to:

- Spot the early signs of a mental health problem
- Feel confident helping someone experiencing a problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone recover faster
- Guide someone towards the right support
- Reduce the stigma of mental health problems

For the full content of the course, see <https://mhfaengland.org/individuals/adult/2-day/>

Who are the trainers?

Lynette Charles – CEO Mind in Haringey

Deborah King – MHFA Facilitator

MHFA Training is part of the Haringey Wellbeing Network “Promoting mental health and emotional resilience”. We are pleased to be able to offer **FREE places to front line workers living, working or volunteering in Haringey.** *

What else do I need to know?

The 12-hour training programme is run over two days. Unless otherwise stated, programmes will start at 9am and finish at 5pm.

Due to some of the sensitive subjects of this course, numbers are limited to 16 people. We want everyone to feel safe and our instructors can help if people find some parts particularly difficult.

The training will take place at:

**Mind in Haringey
Station House
73c Stapleton Hall Road
London
N4 3QF**

Delegates will receive a certificate and course materials upon successful completion of the course.

Want to know more?

Contact us at admin@mih.org.uk or call 0208 340 2474

Adult Two Day MHFA course dates:

All courses run from 9am to 5pm on both days. Please contact us for up-to-date availability for all courses.

Thursday 24th & Friday 25th January 2019

Thursday 21st & Friday 22nd February 2019

Thursday 28th & Friday 29th March 2019

Thursday 25th & Friday 26th April 2019

Thursday 23rd & Friday 24th May 2019

Thursday 27th & Friday 28th June 2019

Thursday 25th & Friday 26th July 2019

August – no dates available

Thursday 26th & Friday 27th September 2019

Thursday 24th & Friday 25th October 2019

Thursday 21st & Friday 22nd November 2019

The Cost

This course has no charge for Haringey Staff, its partners and invited attendees.

For those outside of Haringey or back office staff, the cost per person for the Two Day course is £150. This is non-refundable if your place is cancelled less than 5 working days before the course. You may send a colleague in your place if you are unable to attend.

Please note: for those attending free of charge, we charge a cancellation fee of £50 per person for the Two Day course if less than 48 hours' notice of cancellation is given.

We can also deliver the two day course on site to organisations, subject to availability. The cost for the two day course for an organisation is £2,000 for up to 16 people.

**To book a place on an Adult 2 Day MHFA course,
contact us on
0208 340 2474 /admin@mih.org.uk**

We are happy to negotiate on prices for charitable organisations.

Courses for Groups and Organisations

One day mental health awareness and skills course

This one day course will qualify you as an Adult MHFA Champion.

MHFA Champions have:

- An understanding of common mental health issues.
- Knowledge and confidence to advocate for mental health awareness.
- Ability to spot signs of mental ill health.
- Skills to support positive wellbeing.

The day includes a mix of presentations, group discussions and workshop activities. You will get an MHFA manual to keep and refer to whenever you need it. When you complete the day you'll get a certificate to say you are an MHFA Champion.

“The course helped me to understand what I have done well in the past (when my work colleague experienced mental ill health) but also gave me ideas for how I can improve the way I support people in future.”

Who is it for?

Those who are responsible for staff, interact with the public, or just want to improve knowledge around mental health. Groups from any sector or industry can take part on the course; Council frontline staff or NHS staff, police, firemen, GP receptionists, health care assistants and many others.

The Cost

This course has no charge for Haringey Staff, its partners and invited attendees.

For those outside of Haringey or back office staff, the cost per person for the One Day course is £65. This is non-refundable if your place is cancelled less than 5 working days before the course. You may send a colleague in your place if you are unable to attend.

The one day MHFA course is available to be delivered to groups either in our own building, or on your site if you have a suitable training room. The cost is £1,600 for up to 16 people.

**To book a One Day Mental Health Awareness Course,
contact us on 0208 340 2474 / admin@mih.org.uk**

Mental Health First Aid – Half Day

Mental Health First Aid Half Day course is an introductory four hour session to raise awareness of mental health.

It is designed to give attendees:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues.
- An introduction to looking after your own mental health and maintaining wellbeing.

- Confidence to support someone in distress or who may be experiencing a mental health issue.
- Learning takes place through a mix of presentations, group discussions and workshop activities.

Everyone who completes the course gets:

- A manual to refer to whenever you need it.
- A workbook including a helpful toolkit to support your own mental health.
- A certificate of attendance to say you are Mental Health Aware.

"A helpful, practical approach which helped develop my understanding."

Who is it for?

Those who are responsible for staff, interact with the public, or just want to improve knowledge around mental health. Groups from any sector or industry can take part on the course; Council frontline staff or NHS staff, police, firemen, GP receptionists, health care assistants and many others. This course has no charge for Haringey Staff, its partners and invited attendees.

The cost

This course has no charge for Haringey Staff, its partners and invited attendees.

For those outside of Haringey or back office staff, the cost per person for the Half Day course is £35. This is non-refundable if your place is cancelled less than 5 working days before the course. You may send a colleague in your place if you are unable to attend.

The half-day MHFA course is available to be delivered to groups either in our own building, or on your site if you have a suitable training room. The cost is £900 for up to 24 people.

**To book a Half-Day MHFA Course,
contact us on 0208 340 2474 / admin@mih.org.uk**