

Mental Health First Aid Training

What is Mental Health First Aid?

Mental Health First Aid is a training course which teaches people how to identify, understand and help a person who may be developing a mental health issue. In the same way as we learn physical first aid, Mental Health First Aid teaches you how to recognise those crucial warning signs of mental ill health, and to become a Mental Health First Aider®

Provided by Mental Health First Aid England, the course will teach you how to recognise the signs and symptoms of common mental health issues, provide help on a first aid basis and effectively guide someone towards the right support.

Why are we offering Mental Health First Aid Training?

The Trust is committed to supporting our colleagues to maintain good health and wellbeing. We recognise that poor mental health can impact colleagues in many ways and are investing in ways in which we can improve the psychological and mental health support we offer.

Mental Health First Aid provides a first point of contact for colleagues who may be struggling and need help in the moment. It provides an avenue of support, where trained individuals can listen and effectively help that person to find the right mental health support for them. It also helps to prevent mental health problems from getting worse.

We are working with Mental Health First Aid England, who are internationally recognised experts in this field, to provide this training opportunity to those that feel they can help others in the workplace.

Who can become a Mental Health First Aider?

Anyone who wants to learn more about mental health to support others, whether or not you have experienced mental health issues yourself.

This is something you would do alongside your normal day job, much like a physical first aider would do.

The training is aimed at colleagues who are primarily based on-site to maximise accessibility to mental health first aid support amongst our workforce.

You can become a Mental Health First Aider regardless of your job role (you do not need to be a clinical member of staff). What is important is that you have a desire to help others in the workplace, the ability to deal with difficult situations in a sensitive and compassionate way, the time and support from your line manager to commit to the role.

Before you decide if this is right for you, consider the following questions:

- Do you want to learn more about mental health to be able to support others?
- Are you good at relating to other people in a sensitive way?
- Are you a good listener?
- Do you understand the importance of confidentiality?
- Are you able to ensure you operate within the boundaries of the role? (e.g. you are not there to provide clinical advice or diagnosis).
- Do you predominantly work on-site? (Mental Health First Aiders need to be accessible to people that need the support, however this does not exclude people who mainly work remotely from applying to do the training).
- Can you be called away from your normal duties at short notice if someone needs your help?
- Can you commit the time to completing the training and supporting people that need it? (This may be members of staff or members of the public depending on the situation. An average conversation may last up to 30mins).
- Do you feel personally well enough to support people experiencing mental health issues right now?
- Do you have your line manager's support to do this and to be released for the training?

What does the training involve?

The training consists of a 2-day course, delivered by an external training provider, Mental Health First Aid England. Learners **must** attend each session to be certified as a Mental Health First Aider (MHFAider®)

The course will teach you to:

- Understand the important factors affecting mental ill health.
- Identify the signs and symptoms for a range of mental health conditions.
- Use ALGEE to provide Mental Health First Aid to someone experiencing a mental health issue or crisis.
- Listen non-judgementally and hold supportive conversations using the Mental Health First Aid action plan.
- Signpost people to professional help, recognising that your role as a Mental Health First Aider does not replace the need for ongoing support.

It's important to note that this course does not teach people to be therapists or counsellors. Nor does it teach people how to diagnose mental health conditions or provide ongoing support. Instead, your role is to act as a point of contact and reassurance for a person who may be experiencing a mental health issue or emotional distress. Maintaining appropriate boundaries is a key part of successfully providing Mental Health First Aid and keeping yourself safe and well.

After 3 years, you will be required to attend a one-day refresher course to continue to practice as a Mental Health First Aider.

What support will I receive?

Course attendees will receive:

- A hard copy workbook to support your learning throughout the course.
- A digital manual to refer to whenever you need it.
- A wallet-sized reference card with the Mental Health First Aid action plan.
- A digital MHFAider® certificate.
- Access to the MHFAider Support App® for three years.
- Access to learning opportunities, resources and exclusive events.
- The opportunity to be part of the largest MHFAider® community in England.

When is the training taking place?

The next available dates are below. Please note, learners must attend both dates within the same cohort to complete the training. Unfortunately, cohorts cannot be 'mixed and matched'.

Cohort	Dates	Time	Venue	Deadline for Registration
2	Monday 25 th November & Tuesday 26 th November 2024	9am-5pm	Birmingham Treatment Centre, City Hospital	1 st November 2024
3	Tuesday 3 rd & Thursday 5 th December 2024	9am-5pm	Birmingham Treatment Centre, City Hospital	8 th November 2024

Dates for 2025 will be advertised in due course.

We are aiming to train a range of colleagues from different areas to maximise accessibility to mental health first aid support. If we are oversubscribed for a cohort you may not be selected straight away, but can be added to the waiting list.

Any cancellations must be made at least 48 hours in advance by notifying the Learning & Development department. Failure to attend without sufficient notice will result in wasted Trust resources, which may impact on our ability to invest in further training.

How do I apply?

Please complete the online application form via the link or scan the QR code below by the deadline stated in the table above. We will contact you confirm if you have secured a place and the dates of the training in due course.

<https://forms.office.com/Pages/ResponsePage.aspx?id=sITDN7CF9Ueylge0jXdO46YmOxOmDeZOsGVctkLDYG9UN1RSUUZQQzRNTktOTjJKSENSMVE0NFFMQi4u>



If you have any questions, please contact francesjackson@nhs.net