



Good Practice

April 2019

Mental Health – First Aid Training

How to help raise awareness and train some of your team to be able to recognise and know how to respond to help their colleagues if mental health is an issue.

Mental Health First Aiders will have:

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

Mental Health First Aid Training

This is usually a 12-hour course run in a range of formats from two full days to six 2-hour courses

England:

- Mental Health First Aid (MHFA) England, accredited by the Royal Society of Public Health and the only licensed provider of MHFA training in England.
Tel: 0203 9280760; Email: cet@mhfaengland.org
- St John Ambulance - Tel: 0844 7704800

Scotland:

- SMHFA, provided by NHS Health Scotland
Website: www.smhfa.com; Email: nhs.healthscotland-smhfa@nhs.net
- NHS Health Scotland also provide a free one-day training course for managers on Mentally Healthy Workplaces and an online learning course with a general introduction to mental health at work.
Website: www.healthworkinglives.scot

Wales:

- Training In Mind
Website: www.mhfa-wales.org; Tel: 01495 707360
- St John Cymru Wales
Email: training@stjohnwales.org.uk; Tel: 0345 678 5646

Northern Ireland:

- Health Matters (Health and Safety) Ltd
Website: www.healthmattersni.com; Email: info@healthmattersni.com; Tel: (044) 283025 6482

Republic of Ireland:

- MHFAI
Website: www.mhfaireland.ie