



# MENTAL HEALTH IN BUSINESS.

MENTAL HEALTH FIRST AID TRAINING FACT SHEET

# MENTAL HEALTH FIRST AID TRAINING - INFORMATION (ADULT 2 DAY COURSE)

We are licenced and accredited to deliver MHFA England's Adult Mental Health First Aid training which is recognised by the Royal Society for Public Health.

Train as a Mental Health First Aider (MHFAider®) and receive three years of certification, plus access to ongoing benefits.

This course is ideal for individuals who would like to become an MHFAider® to gain the knowledge and skills to spot signs of people experiencing poor mental health, be confident to start a conversation and signpost a person to appropriate support.

In addition to the course, you will become part of the largest MHFAider® community in England, gaining access to resources, ongoing learning and 24/7 digital support through our MHFAider Support App®, to give you the tools and knowledge you need to carry out the role effectively and confidently, whether that be in your workplace, a volunteer role, or in the community.

## As an MHFAider® 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 a conversation with improved mental health literacy around language and 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



I recently completed an MHFA course lead by Claire. I couldn't recommend Claire highly enough, the course was incredibly insightful and fantastically lead.

- Dave Tunstall  
Senior Ops Associate at hiber  
April 22nd, 2021

# WHAT TO EXPECT

Learning takes place across four manageable sessions (over 2 full days in person, or 4 x 4-hour online sessions).

Through a mix of group activities, presentations and discussions, each session is built around a Mental Health First Aid action plan.

## **Everyone who completes the course with us receives:**

- A hard copy workbook to support their learning throughout the course
- A digital manual to refer to whenever they need it after completing the course
- 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 ongoing learning opportunities, resources and exclusive events
- The opportunity to be part of the largest MHFAider® community in England
- A one-to-one follow up / coaching session with one of our mental well-being coaches
- On-going support, as needed, from our team

## **In addition, the brand new and updated MHFA Training provides:**

- The MHFAider Support App® provides training resources and ongoing learning opportunities so that MHFAiders® can improve their support skills on the job.
- MHFAiders® can help organise their roles with reminders and secure conversation journaling, to safely reflect on their work.
- The MHFAider Support App® works to support the MHFAiders'® own mental health – the resources within can teach critical self-care skills, with the emotion tracker function allowing them to chart their own wellbeing.
- The app provides 24/7 text support for when MHFAiders® are feeling overwhelmed or need guidance for certain situations.
- MHFAiders® have access to regular online events that provide further learning and support, allowing them to continue to perform their role confidently and effectively, long after receiving their initial training.

# COURSE STRUCTURE

## Session 1:

- Mental Health First Aid and the action plan
- The MHFAider® role and self-care
- Helpful and unhelpful language
- Useful models to support the role

## Session 2:

- What influences mental health?
- What is anxiety?
- Crisis first aid
- Active listening and empathy
- What are eating disorders?
- What is self-harm?
- What is substance misuse?

## Session 3:

- Applying the Mental Health First Aid action plan
- What is depression?
- What is suicide?
- Crisis first aid continued
- What is psychosis?

## Session 4:

- Recovery and lived experience
- Boundaries in the MHFAider® role
- Moving forward in the MHFAider® role
- My MHFA action plan



The training Claire provided was 100% brilliant & Educational. After every session, I was truly shocked and surprised with how little I knew about Mental Health. The MHFA course has left me wanting to learn more about the world of Mental Health and how I can help with the skill set Claire taught me. Many Thanks to Claire & the team.



— Paul Smyth, Regional Sales Manager, You  
Yamaha Motor Finance at Santander Consumer  
(UK) plc, 17th, 2021

# WHAT'S NEXT?

To speak to one of our team about how we can work with your business call 01788340180 or email [info@mhib.co.uk](mailto:info@mhib.co.uk)

You can also find out more and book a place on our public, online training here: <https://mhib.co.uk/mhfaonline2023/>



This training was delivered over two days in our office by Claire and Steve from Mental Health In Business Ltd (MHIB). Claire and Steve took their time to present the content calmly and clearly and demonstrated empathy with the participants when discussing individual experiences. Time was taken to ensure the content was being understood, with numerous practical exercises used to embed the learning. Claire and Steve also shared their own personal experiences, adding more colour to the content. Mental Health First Aid training is an important part of building a corporate wellness culture and I would thoroughly recommend MHIB to anyone looking for an MHFA trainer.



— Steve White, Chief Executive at BIBA,  
2020

# OUR CLIENTS

We are proud to have worked with the following clients to deliver world-class training and strategic support in workplace mental health and wellbeing;



Ministry  
of Defence

The O<sub>2</sub>



British  
Insurance  
Brokers'  
Association



Chartered  
Insurance  
Institute



UNDER ARMOUR

RAILPEN

GHG

Claim and  
Risk Solutions

 ecclesiastical

 cfc

OneHealth

optio

BRAVO  
GROUP

  
setting new standards in mobile car care

One Call™

  
POWERLINES  
GROUP