

MENTAL HEALTH FIRST AID TRAINING



We offer certified MHFA training to teams seeking to gain a wider understanding, for themselves and others, of the issues surrounding mental health.

MHFA training is an internationally recognised training programme accredited by The Royal Society of Public Health and acknowledged on the UK Social Enterprise Roll of Honour 2020 for social impact supporting the mental health of the nation during the pandemic. It has developed to become the certified 'go to' mental health training for employers and beyond.

Mind in Croydon are certified to provide two types of MHFA programme, referred to below. We have over 50 years' experience in providing support to people with mental health issues. We are hugely supportive of the content of this training and are pleased to be able to provide additional value in using our in-house certified instructors who are also mental health experts.

1. Mental Health First Aider course (2 day)

This course qualifies you as a Mental Health First Aider. In doing so:

- You will learn to identify, understand and help someone who may be experiencing a mental health issue.
- MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.
- You will learn to recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone while keeping yourself safe.
- You will 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.
- You will gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

Cost & Format:

- Two day online course across four manageable sessions
- Cost £275 per delegate (reduced prices for multiple/bulk bookings)
- Learning takes place through a mix of presentations, group discussions and workshop activities
- We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn

Takeaways

Everyone who completes the course gets:

- A certificate of attendance to say you are a Mental Health First Aider
- A manual to refer to whenever you need it
- A quick reference card for the Mental Health First Aid action plan
- A workbook including a helpful toolkit to support your own mental health

2. Mental Health Awareness course (1/2 day)

This course raises awareness of mental health. It covers:

- 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

Cost & Format

- This is a half day course delivered either face to face or via online video conferencing
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Cost £100 per delegate (reduced prices for multiple/bulk bookings)
- We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn

Takeaways

Everyone who completes the course gets:

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

Please email
mhfa@mindincroydon.org.uk
to register interest

Charity no: 1073880

10 reasons every employer should invest in staff mental health

- Retain skills by reducing staff turnover**
Almost a third (31%) of staff said that they would consider leaving their current role within the next 12 months if stress levels in their organisation did not improve.
- Cut sickness absence**
Mental health issues such as stress, depression or anxiety account for almost 70 million days off sick per year, the most of any health condition, costing the UK economy between £70-£100 billion per year.
- Reduce presenteeism**
The annual cost of mental health-related presenteeism (people coming to work and underperforming due to ill health) is £15.1 billion or £605 per employee in the UK.
- Demonstrate a commitment to corporate social responsibility**
Work-related mental ill health costs UK employers up to £26 billion every year through lost working days, staff turnover and lower productivity. However many business leaders still admit to prejudice against people with mental health issues in their organisation.
- Decrease likelihood of grievance and discrimination claims from unhappy staff**
Grievances or more simply 'concerns, problems or complaints that employees raise with their employers', are on the rise.
- Ensure compliance with legislation by understanding the law**
If a mental health issue has adverse effects on someone's ability to perform day-to-day tasks, this is considered a disability protected under the Equality Act 2010. Employers have a duty not to discriminate and to make reasonable adjustments in the workplace.
- Ensure a healthier workplace**
On average, employees take 7 days off work a year for health reasons and it is estimated that mental health issues account for 40% of this figure. Yet up to 90% feel unable to be honest about this being the reason for their absence.
- Improve staff morale**
60% of employees say they'd feel more motivated and more likely to recommend their organisation as a good place to work if their employer took action to support mental health and wellbeing.
- Increase staff engagement and commitment**
"Supporting mental health in the workplace is not just a corporate responsibility; staff who have positive mental health are more productive and businesses who promote a progressive approach to mental health can see a significant impact on business performance, so it's about good business too."
Dr Justin Varney, National Lead for Adult Health and Wellbeing, Public Health England
- Optimise performance**
There is a strong link between levels of staff wellbeing and performance. Taking a positive, proactive approach to mental health at work can help you grow your staff and your organisation.