mhfa

mental health first aid Standard

What is a mental health problem?

Mental health Problems cover a wide range of issues - including stress, anxiety depression and substance abuse - that affect someone's ability to get on with their daily life. The most common mental disorder in Britain is mixed anxiety and depression. 1 in 4 people will experience a mental health problem during some point of their life.

Why Mental health Problems affect us all

Early intervention can help slow down or stop a mental health problem and lead to faster recovery. However most of us know little about mental health. We often don't spot the signs that someone else - or ourselves - is struggling until very late. An MHFA course will teach you to recognise the early signs of a mental health problem, and give you the confidence and knowledge to help.

The financial cost of mental health problems is huge:

_ In total, mental ill health costs the UK economy £70 billion per year
(Organisation for Economic Co-operation and Development, 2014)
_ Mental ill health is the third biggest cause of absenteeism in the workplace
(Office for National Statistics, 2014)
_ 15.2 million days of work days were lost in 2013 due to stress, anxiety or depression (ONS,2014)
_ Meanwhile, 'presenteeism' accounts for 1.5 as much working time lost on top of absence – also more costly as more common in higher-paid staff
(The Centre for Mental Health, 2010).

What will I learn on an MHFA course?

An 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

MHFA training is an intensive course, delivered over two days and aimed at those without specialist mental health training.

'I have a much better understanding of how other people may be feeling.'
'Given me confidence and more empathy towards mental health issues.'
'In 13 years as a police officer I didn't learn as much as I did in the last two days.'

For more information on the course please contact:

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