

Mental Health First Aid

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Mental health and work – is it an issue?

- _ One in five workers report their job to be very or extremely stressful.
- _ One in six workers are likely to experience anxiety, depression or stress related problems at any one time.
- _ Anxiety, stress and depression were responsible for the most UK sick days from 2001-2008.
- _ In 2007/08, an estimated 442,000 people in Britain believed they experienced work-related stress at a level that was making them ill.
- _ Self-reported work related stress, depression or anxiety accounted for an estimated 13.5m lost working days in Britain in 2007/08

Mental health and young people – is it an issue?

- _ 1 in 10 young people experience emotional and mental health problems
- _ By the time young people become adults the incidence of mental health problems rises to somewhere between 1 in 4 and 1 in 6 people.
- _ For those aged 15-24 suicide is the second most common cause of death
- _ The overall cost of mental health problems in England stands at £105.2 billion a year, (taking into account care costs, sickness absence and unemployment).

What can you do to help?

_ Early intervention can help slow down or stop a mental health problem and lead to a faster recovery.

_ However, most of us know very little about mental health.

_ We often don't spot the signs that someone else – or ourselves – maybe struggling until very late.

_ People are not well informed and are unwilling to discuss issues

_ Young people don't know who to turn to

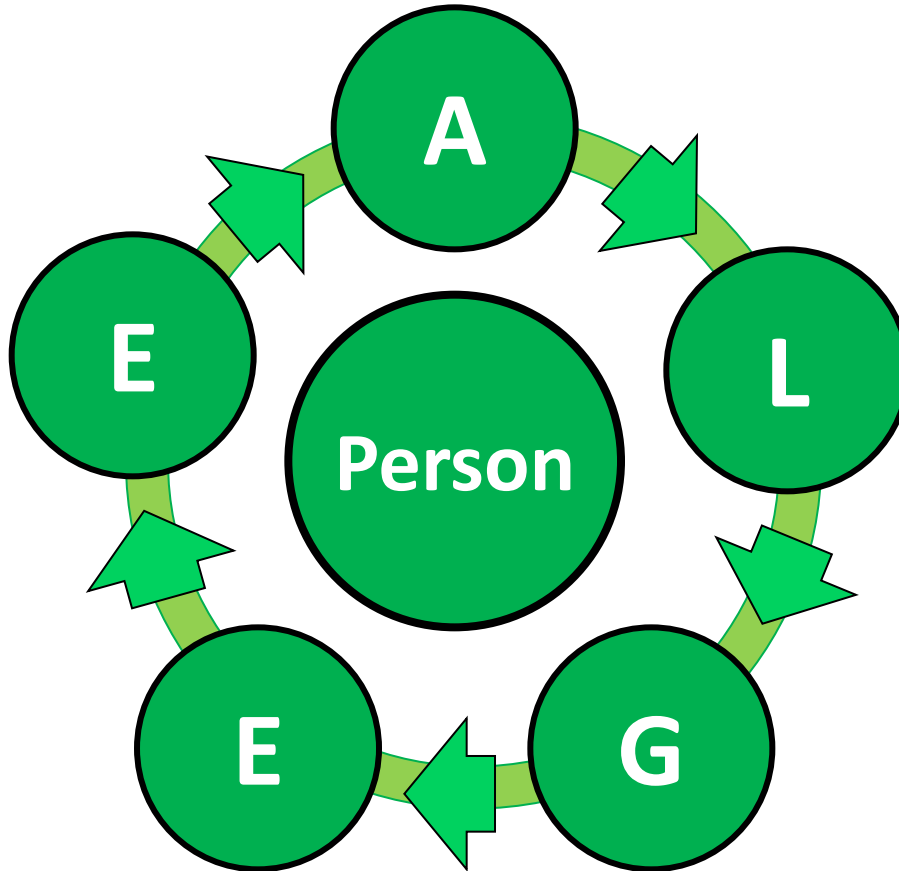
_ Professional help is not always on hand

What will an MHFA course teach you?

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 action plan



- Ask, Assess, Act
- Listen non-judgementally
- Give reassurance and information
- Enable the young person to get appropriate professional help
- Encourage self-help strategies

Quality of our training

_North East Mental Health Development Unit – Dr Jo Borril University of Westminster, March 2011.

_Mental Health First Aid Training: Initial Evaluation by Private Sector Participants (MITIE)- Dr Jo Borril University of Westminster, August 2010.

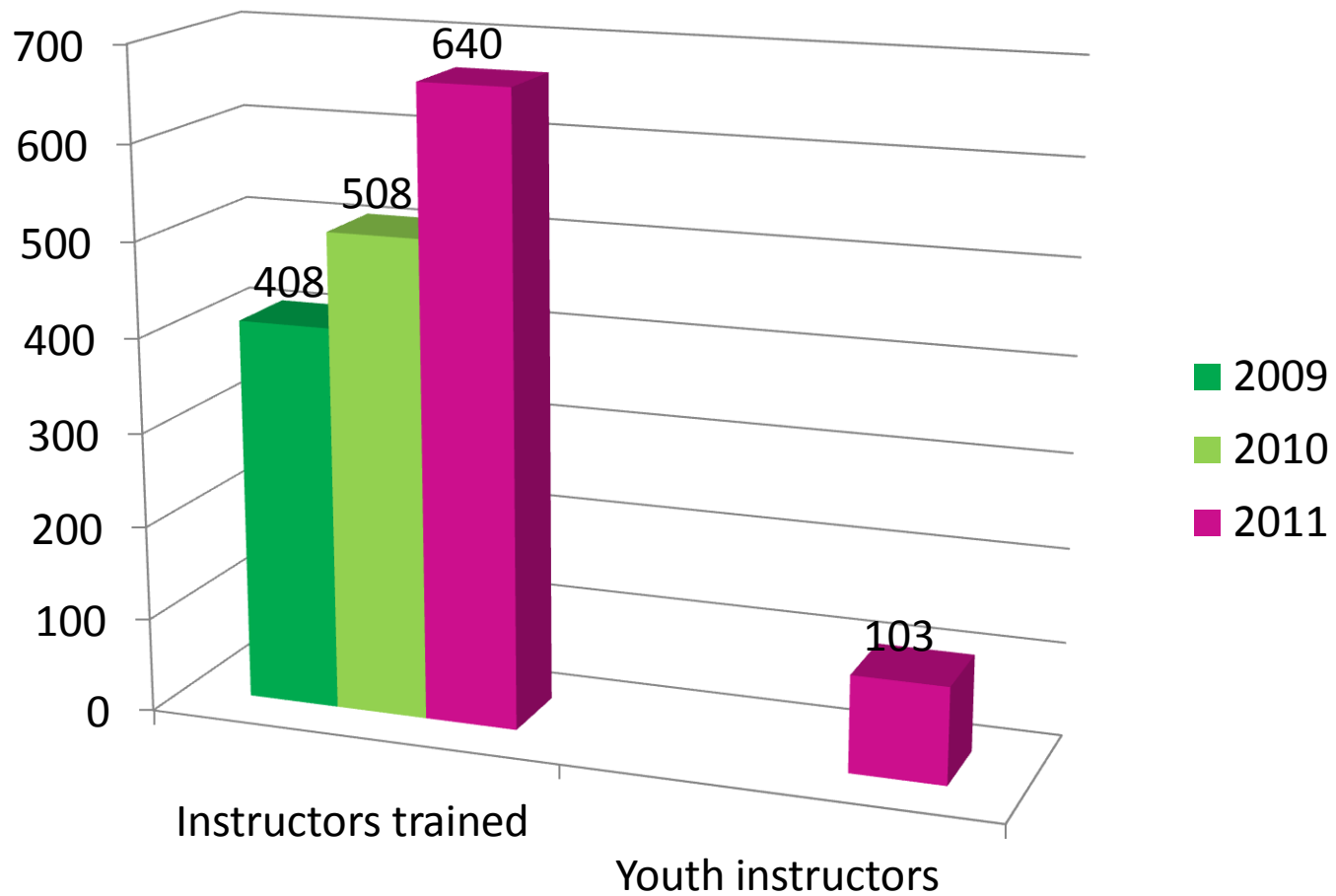
_MHFA training for line managers working in the public sector - Bath university. Bernie Graham, Janet Branding. March, 2010.

_NHS Camden review – Sept 2010

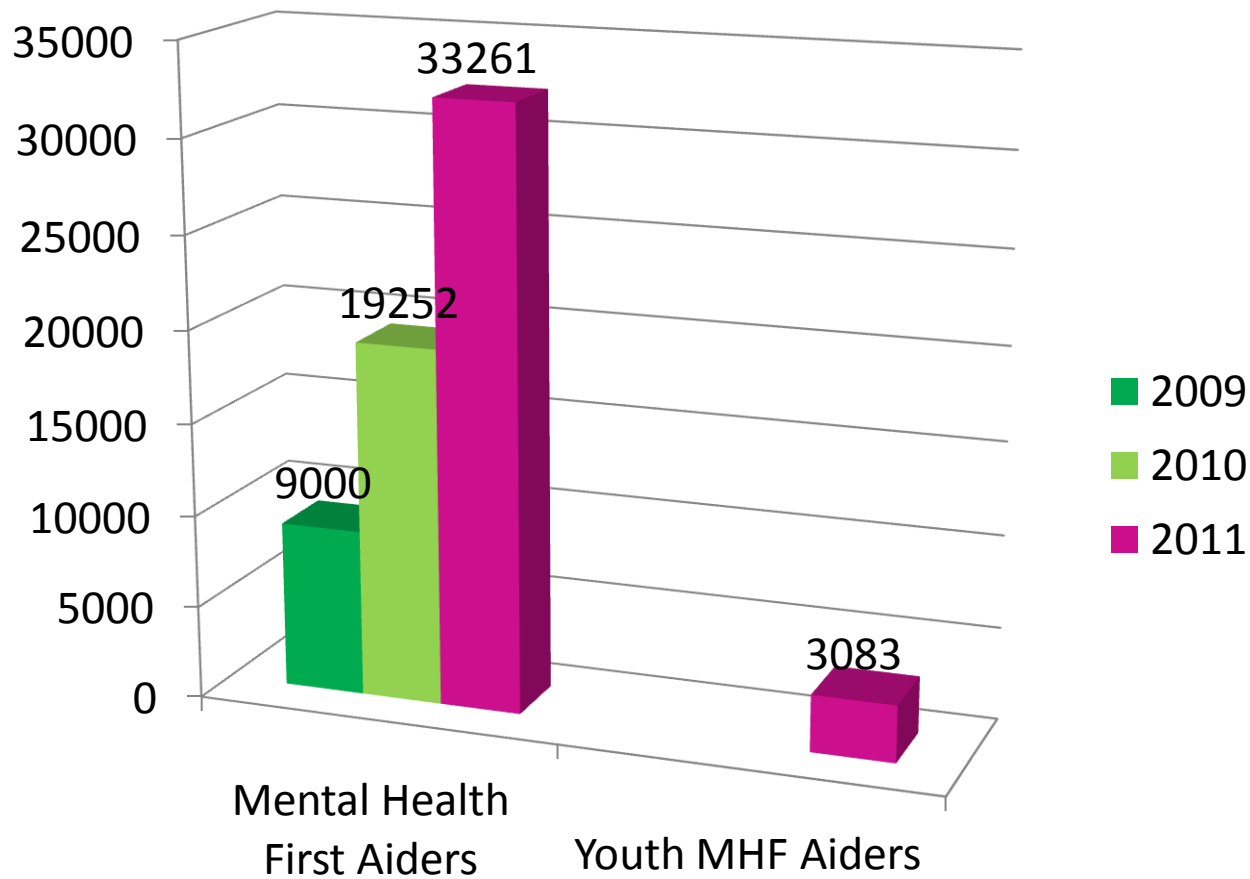
_MHFA in Islington – NHS Islington Baljinder Heer. 2009.

_MHFA Training for Flood Recovery Workers Northumberland Tyne and Wear NHS Trust – Jenna Robson and Jan Bostock. 2008.

Our instructors



MHF Aiders



Our training programmes

- _Mental Mental Health First Aid instructor training - £1,980+VAT
 - _ Mental Health First Aid course- ££175-£275 outside London, £200-£300 inside London

- _Youth Mental Health First Aid instructor training - £1,980 +VAT
 - _Youth Mental Health First Aid course - £175-£275 outside London, £200-£300 inside London

- _Youth Mental Health First Aid extension training - £1,150 +VAT

- _Trauma Stress Reaction course - £200 +VAT

Examples of work:

John Lewis

NHS
Camden


TATA

TATA STEEL

MITIE

 **METROPOLITAN
POLICE**

 **BritishRedCross**

 **Newcastle
University**



Prince's Trust

NHS
Islington

 **RFL**

Birmingham and Solihull
Mental Health NHS Foundation Trust

NHS

Football 
Foundation



Change lives



“Mental Health is everyone’s responsibility, something MHFA England strongly believes in. They create positive change in people by focusing on individuals’ capacity, ability, skills, knowledge, passion, interest, connections and on their potential to do things and make a difference for themselves. I believe that organisations such as MHFA England are a vital community resource and are leading the way in community engagement and creating networks that enable individuals, families and neighbourhoods to all play a crucial role to change people's lives for the better.”

Lord Kamlesh Patel, March 2011, MHFA Patron.