



COMMUNITY INTEREST COMPANY

Mental Health First Aid Training

Reduce workplace stress and remove the obstacles to teamwork

Mental Health First Aid (MHFA) is an internationally recognised course, licensed by MHFA Australia, that teaches lay people how to give help to those experiencing mental health problems before professional help is obtained if required. We employ a number of the MHFA instructors who are either in training or approved by MHFA England (or other UK country licensee).

Our course is delivered over 12 hours, spread over two days or four modules. The training is aimed at anyone working with NHS Trusts, independent service providers, voluntary organisations, local authorities, employment support and community services, colleges and local employers. The course is for service staff with little or no training in mental health.

“We can arrange for our trainees to gain Level 3 accreditation for successful course participation, with MHFA England’s partner, the National open College Network for an additional charge per trainee.”



“KSL provided a winning combination of expert trainer, proven course and tailored training style, to meet the unique needs and orientation of football coaches. I thought it took us all beyond labels and challenged many of our limiting beliefs.”

Lucy Mann,
Football Foundation,
September 2010

About 30 to 50% of adults will experience a mental illness at some point in their lives. 4 of the 10 leading causes of disability among people aged 5 and older are mental health disorders, with depression being the number one cause. Unfortunately, despite this high prevalence of mental illness, only about 20% of people who have a mental illness seek help.

Stress is now the number one cause of long term absence from work, hitting manual and non-manual workers alike, as they struggle with heavy workloads and redundancy worries, new research from the Chartered Institute of Personnel and Development and Simplyhealth has shown.
(CIPD, *Absence Management, Annual Survey Report, 2011*).



Supporting your staff in the workplace

"I'll make good use of what I learned from KSL to apply it Platoon-level training, and will now look into the further resources suggested, so I know how to best to care for the mental health of the Company and my Platoon, on tour at at camp."

Officer in the Grenadier Guards
November 2010

THE COURSE AIMS:

- To preserve life where an older adult may be a danger to themselves or others
- To provide help to prevent the mental health problems developing into a more serious state
- To promote the recovery and maintenance of good mental health
- To provide comfort to a person experiencing a mental health problem

MHFA does not teach people to be therapists. However, it does teach people how to recognise the symptoms of mental health problems, how to provide initial help, and how to guide a person towards professional help where appropriate.

The standard English course outline can be downloaded using the **MHFA England** link. KSL is able to tailor the style and add content as required by your organisation.

The KSL team of professional trainers and its individual approach to clients ensures you get service to the best of standards. We will research into your specific needs pre-course and make sure it meets the learning needs of participants of different age groups and professional status.

We offer courses to organisations and course to places individuals.

Trainees who successfully complete the course will receive an official course manual and certificate of accreditation